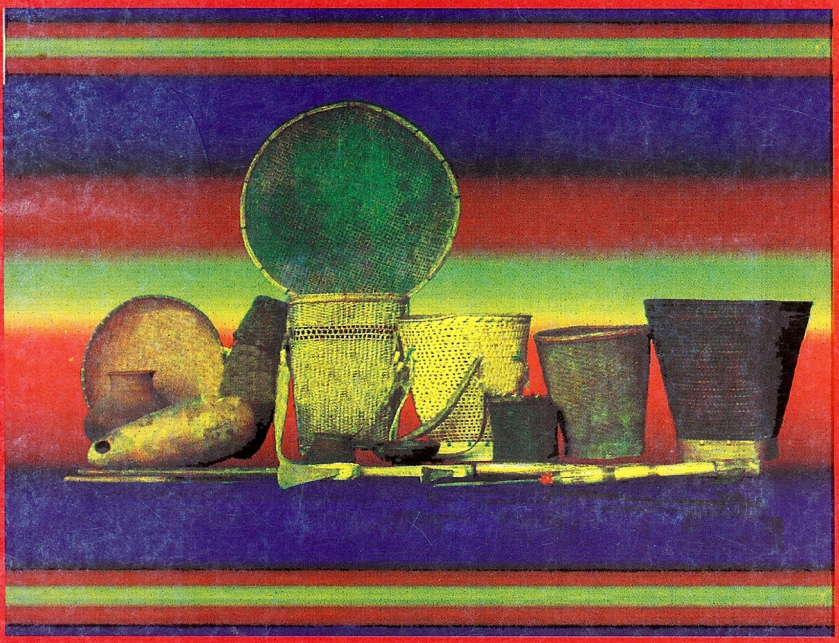
ANAL THIMBU

THIMBU – VIII



Anal Literature Society

BVP-1383
16/5/17
G-1846
19/26.

BVP CHECKED
DEC 2017

ANAL THIMBU

THIMBU – VIII

OFFICE OF THE
CHANDEL
ANAL LITERATURE SOCIETY

Anal Literature Society

Published by:
Anal Literature Society (ALS)
Chandel Dist. Hqrs., Manipur

First Edition : March, 2015
© Copyrights reserved

Released by :
Mr. ST. Victor Nunghlung
Hon'ble MLA, 41A/C, Chandel
on May 4,2015

No. of Copies : 500
Vamin : Aling 65/-

Printed at :
Modern Press,
M.G. Avenue, Imphal

PIIDANGNA

Arāng pipu̱ hinki pena-hlana, pemin-hlamin, ṭuna hlaphu vāpum thuto Anal thimzọọ to vaam duwngbe hnal tuwng iam jāpa. Anal jemu̱ he vaam duwngbe michā zọọto natun jāpahin. Asapavān michowl ṭāngsamsa Mihrāng Nu̱lā Volhnung Anal tuwng thimzọọ to 1945 thung pajinnu̱ tuthal 1946 kumki piiṭhun Anal primary to rowlsareh ithuwpa.

Anal zọọ heto tunhin sinnu̱ ithiing Thimbu̱, hlabu̱, Anal Thimbol tuthal thoveki ru pāngshaki vahlamha thimbu̱ ajahmeh to piizọọcha. Amakālheng 1946 kum thung mihrāng Nu̱lā Volhnung tuwng ANAL THIMBOL to rowlsareh nuwmnu̱, vaṭum hnọh na ANAL THIMBOL to Teachers' Association hin tuwng 1967 thung ṭumkheh phuwng jenu̱ tuthal vatum thumna ANAL THIMBOL to Rev. Sumpi John tuwng hrānhru̱ tangnu̱ 2006 kum thung print naṭochah hinsih. Ataheng Anal Thimzọọ he ihangval cha pahinsin. Tuto Anal thimbu̱ hebe varouwl sah napa.

Anal Thimzọọ vāpumthuki nunghe kadukihin Anal Literature Society hin tuwng hrān hru̱ vatang chāpaje. Amahin kuwmol to nihin tuwng ahneheng kāhlāngchah pahin. Thimbol 1 ru II Class tenthung itam ṭharaka. Tuto amahe school tuwng vaṭhana apasum vahso.

Anal Tāngpi ru Anal Lelruwl Ṭangpi hin tuwng hrānhru̱ tangjenu̱ Anal Text Book to class I to X phana to inuwmso 2015 session ki piiṭhun itun naki kapasuchā pahin. Thimbol I ru II class ten thung itam ṭhanaka. Tuto amahe school hin tuwng vaṭhana apasum vahso.

Amathungheng mi ajahmeh hin tuwng thimbu̱ vanapazọọ hin, rowlsaki para, ithiing thimbu̱, zeral, tuna hlaphu ajahmeh hinto asangka. Thimpu̱ thimpihin, vānsumki avalhin ajahmeh tuwng para hinto proof reading ṭojenu̱ vanahrope hinki makheto asangka

Varowlsāna kana nuwmhin vāthuki tuwng vapatāna ajahmeh amnaka amato ṭumkheha pumlo ṭallo amleso.

Ama thungheng vansum, school tuthal mi ajahmeh tuwng ibungna hmun tuthal minjo joso kāpe chāh hinsih.Asapavān phowl apechavāh jeso.

L. WOLRING	Rev. RD. JOYKUMAR	NL. WOLHRING
Chairman, ALS	Vice-Chairman, ALS	Secretary, ALS

PIISUMNA

Vapha isow tangna Anal Text Book he school thung itam idọhe phung tuwng napadun chāpahin tuto isọdeh mapa.2015 session thungbe class IX itam lelruwng hin thin be additional English he amnami. Anal Text Book to ammanibe milenṭāng thimbụ vadọte Hmiṭi pena tumanite Hindi pena to first language achang tuwng vatam hrang paje. Michā pena tuwng tamje nibe thithu namije tuthal mark joso ihnim ipha pamoh namije

Directorate of Language Planning and implementation Govt. of Manipur tuthal Board of Secondary Education, Manipur tuwng nāhrope hinnụ amaki tuwng Anal Text Book he inuwm naki napaval chāpahin.

Anal Literature Society ru Anal Text Book Committee hin tuwng palung ihluh tangna nānuwmpe hinnụ ṭucha. Ama thimbụ thunghe arāng pemin, Ṭuna hla, zeral tuthal chong (Drama)) asangka. Ama Thimbụ hinhe school thung lelruwnghin tuwng itun jāmanụ Anal chara miten tunhin sung ihang valna piithucha hinchaka dọngnụ āpasumchā manghin ning.

WNG. KOHRING VICTOR
President, ANTA

ISIM (CONTENTS)

PEMIN HLAMIN

ṬUWN TENNA	ṬUWN HMIING	THIMHNA
1.	Koṭah pemin - Rev. Dr. Sumpi John	5
2.	Palungthu piihol ru ithiing sinpa - L. Ruwnghring David	8
3.	Rọpun bowlki Amelia pemin - Rd. Melody	14
4.	Tepangmi iṭhamahe vaṭhọ hlānso varụ mi vathun mang - L. Wolring	21
5.	Halnụ piihrām vachara piihring - TS. Kono	24
6.	Ruth pemin - Bible	25
7.	Doltimiki Tum - Ngamlun Wango	36
8.	Alal-nahla vāthu phiphih thung ahr?n chanibe, mipung misān-na athuw naka - Dr. Sng. Ningrii	41

ṬUNA HLA

ṬUWN TENNA	ṬUWN HMIING	THIMHNA
1.	Anal Thimzọọ - Rev. P. Volhlung	46
2.	Bụlo thuhki Ṭhavāl - Nl. Wolhring	47
3.	Napām Nadụ Kankhupām - Ts. Chanthoi	49
4.	Pakan Rāl Mipa - Tongsin Moruwng	50
5.	Jọngpi ṭhapung - Ts. Kono	52
6.	Thangbān kaju - Ts. Kono	54

1. KOṬAH PEMIN

Rev. Dr. SumpiJohn

Arāngtuwng, simpa mikheh tuwng nahla to linu̱, vavang pālchā nāte, vakopu̱ Koṭah nahreh to mapanu̱, vasinnu̱ to ṭāngsam chadoh nu̱, tutuwng hmikhu̱pā alocha. Hmikhu̱pā i-amjā be ṭhachami dọnu̱, nu̱lā akheh vāhlam chā val, Nu̱lā rutuwng vapālchā najengte, vakopu̱ Koṭah to vanu̱ nu̱lā tuwng unsah lodoh macha, chāsọl du̱sọl lonu̱, chọ vapareel chāpa. Vakopu̱hin Koṭah to, vanu̱ nu̱lā chọ vapa reelna kālkāl, avang tang hlahlah nu̱, atung te hareel reel chāng avangli nu̱, bu̱hrung isọkhoh vapha chāval.

Vabu̱chā hrang hin am manu̱, tutuwng, vapa hinto, pāmven ha bu̱chow chih cha. Vapa amma hlān tuwng, vanu̱ nu̱lā tuwng Koṭah to chọ vapareel hlah val. Chavān-pāng ki, jọng irang, adekāl, vanu̱ nu̱lā tuwng va-ina ki hangpathi so, hlihrung vasọ chā hrangpa. Hlite piihrungso, thin hāngte vathā chā mapa. Vachā hrang dah rah i-am matuwng, vangowlchā bibih pa. Piijọn ichih vapa tokheh iṭung chathang mapa. Koṭah tuwng vanu̱ nu̱lā ku̱ng, 'Nu-ow, kapo tham ka, bu̱ kāpe chavah' dọnite, chave penu̱, 'Ngha kapajol mang' dọnite, ngharu̱ vape chāpa. Potham ngowlnu̱ hli to vahrung chāte, pachāng chabol manu̱. Tutuwng, amo chara pajoso, vapalung thung akheh ahang thuw cha. Vapalung thung ataheng padun nu̱, "Mi akheh tuwng amja ningso dọnibe ihring pachāng nama ning, tutuwng, paha akheh athuw, Chahloh ningso, juwng veve ningso, kana pajoljol ichā hrang thingchu hlungchu ahlamcha ningbe ṭhana ka'.

Amahree kito, vahli hnongko kipaha piiring hinto paṭho mee mee nu̱, valu valām, vami vasa vāpathu chāvalje. Amahin nachā to chacha nu̱, amahin nane to necha nu̱, vakāl hin ṭanu̱, vahnowngko hintuwng i-am cha meemee pa. Ahmāng thung tuwng vacheng najā tuwng, paha nachā chanu̱, vapo pacha nu̱,

vapathọ kheh i-al piiṭeh chanụ, paṭhụ paring kheh paring cha. Vaparing na, vārowl to paṭhụ lentāng luluwng paring manụ, piihnih rang rang, vārowl ṭincha diin diin nụ paring cheh cha. Paṭhụhin kāl ṭacha nụ paṭhụhin juwng ijuwng tamcha nụ tutuwng ijuwng kheh ichāng chapa.

Piijọn ichih vapa to in ṭungcha. Ṭungnụ, "Kopụ te, Koṭah te?" dọnụ, vasinnụ, nụlā kụng tuwng vapachọl nāngte, "Hlihrung chih cha" dọnụ vapa thang jāpa. Ama kito, vapa tuwng vakopụ thin vana holpe ichā-inee, vavin hrang vabu vadiil, to paṭhung nụ hli hato vahehlam chāval. Hlito heṭungnụ vakowpụ koṭah to vāhlam chā nāte, akho chuh rah am macha. "Kakopụ Koṭah ow..." dọnụ, ongnụ vāhlam chā nāngte, thingba len tuwng tuwnglee-lā nụ, vapa na-on to paṭhụ-ṭhụ-al arowl tuwng pathang nụ, "Kanụ kụng, kapotham ka, bụ kāpe kadọchā te, chave kāpe cheh nụ sa kāpe cha, kadọ chāte, sarụ kāpenụ, ngha kāpe kadọ chāte ngha-ru kāpenụ. Nụ ow, unsah kālo chabati-ow, ahring ha, alal athuw ningso āpahmal chama lening, kadọ chāte, "kachara ma patipe, anụ mapa ning, anute athọpām ha vangcha, athọ pām ha anụ vanghlam chavah" kādọ chanụ. Pa-ow, nangkheh pajọn hrowng tinụ, piijọn ki aledeh mati nụ. kachọ reelna kathe chānahrang kheh, akụrah amcha manụ, kanụ, kā-iṭhocha kheh thọdoh cha. Atungbe, akụ mikheh hinte, 'Koṭah' kādọcha jeso, mi vahal hinte, 'Ṭhụ-al' kādọchaje naka. Nibe atungbe Paṭhụ- Ṭhụ-al' athuw chacha ning. 'Pa-ow, vang pathicha vo' "ko-o, kow- o, koṭah – ow'.

Vapato, vahli hnowngko tuwng rihcha nụ, vaṭana pum tuwng, vakopụ, Koṭah te thingbā len tuwngcha leelạ nụ, "Ko-ow, atatuwng dọdọ mo-e, apa nibe piiteel pachāng chama ningpe! Mi vāthuw hloh nụ, kakụng hahe ajungṭum doh jā vo-e, napa chāng unsah piilotee jā chakape, atungthal piijọn joso chih nama ningpe. Ichā ha joso āholpe paning, budill joso āholpe paning. Ko-ow, ajungṭum doh jābati-ow".

Pa-ow, vang pathicha jā vo-e Chacha majo ningso, ichā hrang kāhol pechā tinu̱, ahman chapah jā kaning. Mi akheh amnu̱ kabu̱chā hrang am chama nu̱, kapo vatham pah thungki panite, chacha vah ning kadọ. Atungbe mi chingchā be ichāna rah ṭhana mi. Halcha ma joningso, budiil kāholpa tinu̱, āpapa chā pah mang ning. Tuto, kalu kalām, ṭhu̱-al hin kāl iṭa kāhro cha jenu̱, vakāl hin iṭato phachāng nu̱, thingchu hlungchu idu̱ papah kanachā hinto ahman chapah jā kaning. Kaluhin luluwng kahmol suwnnu̱, amato kabu kadiil athuw jāka. Nikheh rah asih pateel maning. Pa-ow, vangpathi cha vah no, dọcha pangnu̱, "Kow-o, kow – o, koṭah – ow' dọnu̱, thingbā len kito ivang juwng chasọ pa. Ama thaltuwng te, vapato, ningthi hnakha tangnā, ṭahcha nu̱-o, "Ko-ow, ahmāng du̱pāng ha kahlun chāthung, vapathāng vapathāng na lon ha, thing piiṭhu̱l papah len vatuwng nu̱, rālkheh, kow-o, kow-o, koṭah-ow' adọnu̱, kābicha cheh vah no" dọnu̱-o, vang pathicha nu̱-o, dọpah nu̱.

Pena piichung chāna:

1. Arāngki Pakannu̱, Pakanpa pālna thung, vanaṭhoma, vamituh ku̱ng chāsọl-du̱sọl ilo hete atung thung hengte amka hlah mo ne?

Piithang:

Arāngki mi chọrel thungki luluwngbe ingdoh mi. Vanu̱ vahal hin hlabe, vana pahlu̱h ikhel vamiṭuh hinte unsah lojenu̱, mahe piitam jenu̱ am kaje.

2. Asān ki Koṭah to, paha ithuw chadon tote, atung hete hring mang nimo, hṛingma mangni?

Piithang:

Ṭhu̱-al paha iduhṭhu̱ cham, pachọl hin chaka, hringjā kalum mo! Tuto, pemin to pemin pa, history te history pa.

2. PALUNGTHU PIIHOL RU ITHIING SIMPA

L. David Ruwnghring

Kollārnipah Abraham Lincoln, Vaphakheki President USA, ki pemin aja manghinti;

Amā Negro (mane/slaves) hin kithin ihliingna (Freedom) piipha jenu, President akheh vāthu ki nung iṭha ajahmeh vanaṭoh thina jāmanu vahe vasing tujāmanu vaṭhah vāpumthu to ohrangma doltipām thung mi pahmalmi.

Abraham Lincoln he rowlsa reh thung ituwlpah tangna ahang valnu tuto ihuna vakal sehdoh ru vapalung thu vaṭhah tuwng piithāng bal USA President ki office ipha vapachāng pa. Amaki vahringsow he kolni tangna ata heng piijoka."Journey from Log.Wood to the White House".

Amochara va amthung vapa hli nung vanatah bum cheh nu, amaki in thung nung vachal sehdoh ki tuwng thim ihlam joso peta chapa. Tuto Lincoln, vaniten thimbu ipa ru chungko (Maths) khang ṭan ṭan nu, sāntim iphana thālme (Lantern) dālnu vatam vacheh. Kum kheh rahiphama thim in(school) vakah chajā parende, Lincoln vanum so bah thim ajahmeh vanaphā makhe vapā ki vathal iṭo ising ivalna ohrangma vapha pa. Ama thim vāhlam thungki vajah vahrān na ajahmeh pemin amka. Vānadoh pahthimbu akheh evelah hrang hlamso pah ha vakhuwng choṇu doṇu.

Nikheh khute vavenpa kungki 'George Washington' Biography lilahnu vadote sān hno hmeh amnu khu khang ra ranu va in tuwng ki khu iche tuwng Thimbu vana velah to māngcha.

Nikheh, Springfield thung lawyer practice vaṭoh thung,

Lincoln tuwng sinnu chara akheh thijohnu, amato va-in thu khāl bom riihnu iṭah pa. Pām akheh ha ichih hrang kithin aṭhung nu irihjāpa. Lincoln tuwng vabom ha vanu pe vapa choḷ te sinnu chara tuwng vajah vahrānna thepe nu. Amatobe rail kari len varowlsa na iṭuwng hrang athuwnu, amaki station ha iṭung na vapha kheh vinu, va upu (Trunk) va idumpe hrang simpa akheh rah to ṭhing manu, a-upu (Trunk) te adi hmeh piihol pa? Lincoln tuwng pacholnu, Sinnu chara tuwng va inha vangṭhu nu upu(Trunk) to pathenu, Lincoln tuwng upu to vakuh len adum nu sinnu chara tuwng vathal ṭonu thuna Train Station ha va jenu, vapha chah thung paṭung nu amaki train len patuwng nu, "a-uh nu" tuthalte vamaval.

Vaven hin tuwng Lincoln ru iamsah ohrangma vātha hin ihroh pa, dahki vadote Lincoln to panu jāna ihe pah pa. Nikheh, hlam thung chakowl kari akheh aduhṭhu nu. Kari apu kung ha ṭhing nu pachol nu. "Ka (lungam) he town ha kāhesin pele?" simpa tuwng; Eng,donu "Tuto a coat te dahtung apa lehpe kaning?" "Amate elele jāka". Doṇu Lincolntuwng pathangnu.Kalungam thung amjā kaning

President va-am thung nikheh, vakungha mikheh ṭhingnu, Lincoln vakhuwhu (shoes) vaseng (polish) thung thijohnu. Vadoṭe mikheh tuwng ningrih tangna pachoḷnu; "Mr. President". "Nihin ka pām thung be kadah hin khuwhuw (shoes) rah seng (polish) mahin ning". Lincoln tuwng pathangnu; "Tuwngte aku khuwhuw (shoes) aseng cheh mang hin?"

Ṭumkheh Lincoln phakhi (joke)ṭonu. Chavang pah valupa mikheh tuwng Lincoln kung nung pasolnu, amatobe, Lerapah vaven akheh tuwng 2 ½ Dollars pale pema hate, Lincoln kung court ha kāṭin pe vadopa. Tuto Lerapa tuwng jongso vapale penum mapa, dahki vadoṭe soḷ to ituwl lang lang mapa. Lincoln tuwng losing akheh khal nu, valupa chavangpa

tuwng 10 dollars penibe case to ṭopekaning vadọpa. Valupa tuwng joso hronụ sọl 10 dollars to Lincoln kụng vape val. Lincoln tuwng lerapa kụng 3 dollars penụ amaki pena thepenụ, "atungte sọl he nang alichava". Lerapa ru Lincoln vahnọ hin. Sọl charital phachajenụ, amaki chavangpa to joso ohrangma vaning ṭungchanụ.

Mi vāpumthu Lincoln to "Palung piihol ru ithiing vah" dọjenụ va thi valje, dahki vadọte vaphaten thung palungthu ichum tangna amnụ. Palungthu vaṭhah ki vapemin akheh to be:- New Salem thung Store Clerk vāthu thung, nikheh kahlu sinnụ akheh cha-hna (tea)) irin ṭhing nụ. Lincoln tuwng pow jolna dukān (store) to ikam kho vathepa, tuto chahna (tea) to patepenụ. Sinnụ tuwng sọl ipema vapow linụ vangcha, vajọng hāte Lincoln tuwng vapalung thuwjohnụ sinnụ to ½ pound ki chahna (tea) ipejā athuw nụ, vapalung nunge manụ, ṭumkheh khụ ½ pound iva vanape maleto pate penụ store akam nụ 5 miles vakhuwng vanụ sinnụ to vape pa. Dahp avadọte sinnụ tuwng vamarāl thijohso ṭumkheh vakụng po irin ṭhing maso dọnụ vahe thah pepa.

Lawyer va amthung Lincoln ichumma case chā to vali mapa. Nikheh amāng va client akheh kụng dọnụ; "Nang ki a case he vazọl (law) ki vathal iṭo ṭhapah jāka tuto nibe a ipiichāngpe pamoh na maning. Dahki vadọte a case thung achumpa dara jomi dọnụ ichum ma case to vali mapa.

Ṭumkheh valuhin(lawyer) hin kheh idọ vā len jete hlam thung vāh (pig) akheh nong (mud) piirumpah thung bunụ, vajung buwna khol thung ki ithu nahloh huwnanụ ate lolo nụ thijoh jenụ. Vāh to madoh jenite thọ jāso idọ tuwng Lincoln palung nunge manụ, vajung buwna khol ha to hang nụ vāh to sunụ amaki vāṭhungna hinto vasụval. Valu hinto vapalung hin thinụ nangte vāh suh piiṭhah" cha pati dọjenụ. Āṭhungna (dress)) e vāh ki

thinpa, nihin te vang the-theh hin kaning" dọjenụ vamavalje Lincoln tuwng valu hin vapathi thal iphana athanụ, amaki vabom ival lelo thing adum nụ vāh khol ha ithu nahloh hrang vathii peval.Amathal vāh to thuwhlohnụ vabom ki hliile ha ivang chun vasuhjāpa. Tuthal deh vapowse (dress) vasuh te nong (mud) kāchonụ māngcha.

Valu hinkāl iṭa phamirende, Lincoln ki palungthung vāh akheh hringṭụwn vana kal pe tuwng ohrangma ihman jāpa.

Lincoln ki palung thung hringṭụwn ikalpe pemoh matāng so ihmanna piihol bal lenṭāng dara ammi. President vaam thung America Civil war (Rāl) ohrangma piisa chinglepa. Tuthung sọpekampụ akheh ṭhing jenụ, vajọng ha ithọ hrang sọpe akheh ki marāl piiṭoh pehrang Lincoln kụng vathe valje. "William Scott" to duty vaṭoh thung ii-hrowng nụ, dahki vadọte athụn so vanung chihna thung khang ja ija dohpa dọjenụ.

Isoma iṭo vana pachāng ṭo kaning idọ Lincoln tuwng pevadinval. Vanung vachal sehdoh tuwng athụn kheh cha vapedin pahmal nowlnụ sān ha vapalung thuw johnụ, thuna William Scott amna Camp ha vanụ aduh ṭhụ nụ, ama ata heng dọnu, "Simpa chara nangto ajọng ha thọnamati, dahki vadọte ni nangto tha āchah mang ning amaki tuwng nangki a marāl to āpaṭoh pekaning. Tuto ajahmeh ija ihrān na kāna hnowl ki ka bill hete akụ kāpe pehrang pa?" Sọpe chara tuwng dọnu, Bill to 500 Dollars hang khel manibe vane hin pejā jenaka. Lincoln dọnụ, "Neh? Bill ipe hrang mikheh pang jāka, amatobe William Scott pa. mikheh iṭha tangna va country kithin (duty) nungṭo kaning dọso pedin nibe Bill to ipe athuw jānaka". Scott tuwng pedinnụ amathal Lincoln joso ihman tangna volicha.

Ṭha pali, panga thal te, Scott to rāl thung ilụ tangna bi limnụ, vathọ tiing tiing Lincoln kụng pena ilụdeh tangna paṭhā nụ; "Ni kapachāng pang Bill kape chāsih, isowhlah hring chaning te abohlo bill pecha vaning kadọ".

US President va-am thung, Union Forces ṭhuṇu Civil war (rāl) joṇu. Amabe varāl hin ru idu athuh pajoso vapalung thung chari rahso halsa ṭhomi. Nikheh, hospital ha vaṭhing te vami hin (sọpe) bilim, amaki va rāl mi hin kheh hospital thung vasọsọh thung amjenu vāhnowl valje. Vamihin kung vaṭhing te, mikheh tuwng dọnu; "Mr. President, pāng kheh tungha vavama narāl mihin amka." Lincoln dọnu "ama ha rarah ṭhing numpa kaning". Tuwng va rāl mihin kung vanu salāmvaṭoh najete vamihinto vapalung hin thinu amakung dọjenu."President nangte narāl mihin kung unsa tangna ābi ṭhu paje?" sinnu mikheh dọnu, nangte narāl hin to apathọ hrang pamo kadọte?" Lincoln, sinnu kung ha ahelnu dọnu; "Ni, amahinto lulām kāpa thu thungje rālmi idọ to pamāng doh maning nah?"

Nitin, 14th April 1865 thung Lincoln rāl idonnadoh (cease fire) piisel jenu tuthung officers hin kung dọnu; "Mi pithọ pehring akherah am am maso, Punsi iten nung nungma pe māngcha.

Nikheh, kahlu tiing Lincoln, to vasinnu ru vālen thung je dọnu; "Atungbe kapalung ohrangma piiṭeh kaning asinni nung ohrangma kaṭoh sih rāl idonna hrang".Tuni Sān cinema hall thung President box vanadọ ha a ung nu, drama (Chong) vasuh thung itoh chuchu mikheh Wilkes Booth vanadọ South tungki ahe hluh nu President Lincolnto kā khohnu doltipām ki miki palung suw tangna volicha.

Pena piidangna:-

Biography : Mikheh pemin akṵ mikhe piizọọ:

Client : Akṵ mikheh lawyer hin tumanite ising ival pah hin kṵng nung iṭo pehrang itham cha.

Pamol : Ehrih, ijāng eṵlna

Southerner : USA ki ṭā tungha iam states (rowlsa slavery abolish iṭo ihromahin)

Vananki piich\lna hinhe apathang khin:

1. Abraham Lincoln te akṵ pa?

2. Ama doltipām ki tepang hringṭṵn thung dalkāl ithuw bal dah nāpe hin sih?

3. Dahki ama tuwng school iṭha ika vapa chāng mapa?

4. Isam tangna ama para (book) vānadọhpah ki vahlam ha vanungṭoh akheh apazọọva?

5. Dahki Lincoln, Sinnṵ chara kṵng vabum peva?

6. Dahtung dọnṵ lerapa kṵng va bill ipe nahrang vabumpa?

7. Lincoln ki palungthu ṭhaka ki piidang na nung akheh apazọọ vah?

8. Don khāl hin kṵng vapalung thu dahtung eng ka?
9. Dahki William Scott hringṭṵwn vakal peva?
10. Dahki va rālmi sọpe bilim hin kṵng iṭhing pa?

3. RỌPUN BOWLKI AMELIA PEMIN

(L) Ms. RD. Melody

Kum 100 invangsa vaphathung, Eichburg vanadọ pāmthung iam khuchara akheh thung, iṭhapah tuthal mi piiche piinal darah iam ma palungthu isengpah, vahmiing James vanadọ simpa akheh amnụ. Amato chara pah simpa vāthuki tuwng, va-amna khuchara to manụ Eichburg ki khupithung iam chavangpah, varal vathum ihnimpah tuthal pāmthungki miing vānajah chapah Simpa (Count) ki inthung tuwng va-inkhon hin suh piiṭhacha hrangki thin amcha. Achinma amaki vapalungthu ithiing (good character), vathang ṭhah tuthal vanungṭoh iṭhapah tuwng, amaki vāpụpa palungthu to vaning ṭungpah cha. Chavangpa tuwng (count) va-inkhon suh piṭhācha James ki vapalungthu ru vākhanto vathih te ohrangma adọpah nụ, thakheh vachapah val. Tukituwng vanung vachere athuwpajoso James kụng vasalna huhval, tujamanụ lam vachọten thung James to amaki valuhrang vathụ chehval.

Tutuwng James to chavangpah thalto ṭonụ lam vachi hnolkituwng vāṭhuh (knowledge) ru pena hlana lenkhe valcha tuthal minadọh pah alal akheh athuw cha. Tuto James kụng ki itamchā hrang amka amatobe, amā chavang hinkāl ṭanụ, chavanghin ru amchabih pajoso, vanohin paṭhomi ikhum pisami tuthal chavanghin pālna (lifestyle) tuwng amabe parụ (effect) lih mi.

James ki thachā ihropah vākhan, palungthu vasengpa, palung thu vaṭhah ru vanungtah vāpumthu to vāpụpa (Count) tuwng vapadunjā te, James he athamin pum tumanite vamin ihnim iamhlah nung piiṭoh kaning vapadunval, Tutuwng ama tingkun suh piṭhācha chang ka in (castle) suh piṭhacha pithuw kaning dọnụ vathete, palungthu iṭhapah James tuwng khupi thung iamkin tuwng, chāngde jah iam vaiṭhona khuchara hato alenum kaning, dahki vadọte amato nahlakheh validaldal kituwng dọnụ vapathangval. Asapavān napasu jāl tuwng, tuthung rahtuwng

khuchara thung iam chavangpaki va-in vaḍu tuthal vapāmhin suh piṭhachato thoḍoh nu, suh piṭhācha ammi iḍo vājahte, James tuwng chavangpa kung ni suhpaṭhah chāngkaning doṇu vāhnong chāte palungthu iṭhapah chavangpa tuwng vahropeval. In suh piṭhācha pang jāmanu palungthu iṭhapah chavangpa tuwng James kung athoḍuki makhe amapām thungki pow (Property) ki makhe he nang so achinnavah doṇu vahropeval. Ihmanpa tuthal chavangpa to pipā ru iṭhusah, James tuwng khuchara thungki chavangpa in, ropāl ru tingkun akul dehnu iam thungtuwng amcha.

Vapha isowpah ningtung tangna phungka vapāl thal hin vasinnu to thocha Vaunsah palopah vasinnu vathoki vakhal tuwng James to ohrangmavapalung vasuw val tuthal vadah to vangdal vovocha. Tuto amaki vapalung ngamna tuthal hmanna akhepang amnu, amatobe vachara ṭho hujahmeh thungki Amelia ihring jāpa. Vanu vathoṭ thung amato kum panga (5 yrs) jāva tuthal ama tuwng vanu ruwngchin to vakhohleh va.

Amato amochara athuw chapajoso ohrangma ruwngchin ṭhapah cha, amaki varuwngchin ni, vapalungṭha, mi ikowlthipah tuthal mi unsana vanaṭho pah tuwng valulen ṭāng hinkāl amato dangsing encha. Amaki vahmih suh iṭhapah tuwng amato pavāntamsoṭ hehe va, ama kumsom kum panga (15 yrs) vaṭungchah ki, inthung phungka to cheden nu, va-into vapathiing jāval. Phungka nungki ikhel ama tingkun thung vapanungṭoh to bumnu, nāchin chin vapa ru tingkun nungto palung ihluh, tangna vaṭoh sahvacheje.

Amelia to ropālhin, thinghna hlunghna hin kāl vahangval kituwng amāng ropāl hinto ohrangma vādoh pahval. Vakumten vapatuwng ropāl vachah vachaki vahmu ahlampenu, pakhenu ropāl tingkun to vasemchehval. Amāng amaki vapha (Time) vaihnim hloh to ropāl tingkun isemnaha vapahluval, dolti ito, ripāl

iphun, ive, dụ ihleh tuthal suh piṭha na vapahluval. Amāng rọpāl hin hmiingto thihuh majoso, amaki vāhmanna bal tobe ripāl pimum ru ihanglā sal sal to vathithung ohrangma vāhmanna chụrlih mi. Rọpāl pimum hinto sunụ dahtung pāljenaka idọto, vapalungthu pisọnụ rọpāl hinto valahloh ki ohrangma ahmanpah cha.

"Amahe palungthu ithiingjah tuthal ilār palungthu ijolih ma, palung thu itụnki ihmannava," vapatuwng panụsanụ dọnụ. "Pa hujahmeh amkaje, vasọl hinto sanalụpalen tuthal powse len va pahlu mangje, ni rọpāl hmụ tuthal rọpāl len kanapahlu ikheel, tuto niing kāhman lulu vachererah ihman pachāng mije".

Vani vanituwng Amelia ki vahmanna to hnim hlahla cha tuthal ama tuwng vaniten piṭimna iamma ihmanna idimtuwng owngnụ donụ, "isolih ma, pavān pām maso, niki ka-tingkun iṭhahe ikheel tingkunlenṭāng amnami !" Alang langtuwng akụkherah jongso isuma tuthal pipā ma ripāl tingkun to ikheel pachāngmi. Tuthal amochara hinjongso arowngbom rih jenụ, Amelia rọpun kāpenaka idọ piduntuwng vāthah valje, tutuwng Amelia jongso vapeerim chehval je.

Singval hevalna idim vapa James tuwng, vachalanụ Amelia ki palungthu vadọte Amelia ripāl hin unsah vanapalopah, vānadọhpah, kol vānadumpah to vathi te, Amelia ki palungthu to iṭhahlah, pithānghlah ha pihel nahrang kithin itampe vapaṭhunval. Asapavān ki vapalungni na, vaṭhahna, vahe vasing, vāṭang nih-na tuthal varuwngchin nihna vāpumthu, ripāl thungheng vāpadanghuh va. Amahintobe varuwngchin vasih si iṭithung (different kinds) vapālhin iṭithung, vareḥ iṭi thung tuthal vaparim hin iṭi thungheng Asapavān ki aṭangnihna to ijohuh va dọnụ vathepeval.

James to vanono vanene jọng irang rang itham (prayer) hrang ihangthi vacheh. Dahki vadọte amāng ataheng vapadunva, amatobe, mi akheh athuwsin sung, napāl nathung,

nanungṭoh hujahmeh thung tumanite nahring na thung, naisemcha ru ibihnakithin ṭhangkhe (one hour) pangrah vapha ipe pachāng masinsung tuthal iṭọm inema pavānpām ihringna hrangki thinkhe, piidun pachāng masinbe, mi akhe nāthuwki dārah kanami vadọva. Tuthal kolum ṭha vavangvih ten James tuwng Amelia to va-tingkun hinki thing dehliim thu, tingkun adangna huh hmunha, jọngnihrin ivār ru iṭhụ sah, ripāl lenki adedụ ilingsese ruwngchin tuthal pahahin hlarowl idim hmun hato vaṭhụ chehval.

Amachāngdejah, iṭhapah tuthal ithiingjah tingkun thungtuwng, James tuwng vachalanụ kụng Asapavān ki pemin, vanungṭoh tuthal vathang vakol to thepenụ dọnụ, napahin Asapavan tuwng mipumten, Ani (sun) ivārto nāpemang hin, khu nāparah pehinnụ, adedụ nāpabuw pemanghin, pavanha ijuwng pahahinto vapohin vapadimpe mang tuthal ripālhin to hlileeng vapahmụngva. Tuthal napa Asapavān ki unsana piihrihnato ningrih pah vakuhsem hinkin heng vaunsah palopah vacha pa pasalsang nānapa hin vahe dọnụ vathepeval. Tuthal ithamnato tampenụ, piṭoh nụ amajongso vapalungthu thung vabumval. James tuwng vajọngtenki Asapavān ru ibihna vapha vana pa-am jāltuwng chāngdepah tuthal piidun nathung palung ihluh pah, ikheelseh ithinumpah, ihlāngnumpah Amelia kụngtuwng ikheelseh vaṭhāna athuwcha, Asapavān vanapadunto pahnih hlahcha.

James tuwng ripāl hin iṭhapah, ruwngchin inipapah ipālhinto piiṭimna linụ. Amelia kụngtuwng nangjoso ripālhin iṭha, ruwngchin iniluluwng iṭhapah tuthal ruwngchin inipah iamna ahunahrangva dọnụ. Nikheh, Amelia tuwng ihman tangna rowlsareh ki violet rọpāl ipālto linụ vapato vāpasuh te, vāhmanna to ihman ṭhụsa rụ iṭhụng James tuwng dọnụ, " Amelia, Kachalanụ ama iṭhapah violet ripāl heng nangto palungṭhumna ru chāngdeh nato aitampe vathuw vahso.

Asuvah, amato piisọn chapah ki reh vaholsih tuthal minathima thingbụthung piiruw ipālto vādọh pāh mang tuto vaparim iṭhapah tuwngbe pāmto vāhrowl huh mang, Atalulurah tuwng, Amelia nangjoso idangma ihrejah ipāl violet rọpāl luluhrang vati, ikhum isama, halsah iṭhoma, amalu iṭhama vāpumthu to matisung ama changtuwng minathima iṭhanungto chāngde ru ihmantang na aṭoh hrangva.

Phalbiru kolum alah ki ṭhọhụwng (Spring) thung ipālhin ripāl, amatobe gulap ri tuthal Lily rihin to changki tangna vapāl thaljeeng tuthal ritingkunto ripāl ipāl reh ru vaparim hin vadimdeh te, James tuwng Amelia kụng ripālhin ki piṭimnato vathepeval.

"Kachalanụ" amatuwng dọnụ. "Lily ripālhe palungthu ichum ru ithiingki vādangnava. Asuvah, dahtung ruwngchin inichadoh va, dahtung thiingchadoh vah! Vamin ilụbal silk hinkin jongso, A-ol lulu idojah vapāl hinhe piṭimna darah ṭhami. Tuto ama ithiing dahvasehhe vapha isowpah ithina ṭhami, vapālhin to ileleeng bolthi pahkaje tuthal chari ipalhlah tāhsung ahnowgsinbe, vapālhin to ṭalnụ varuwngchin hinahnahjāka. Amalulurah tuwng ithiingma pena hang iṭhụ ru palungthu thiingma ningral darah iṭhoma palungthu thiingto vapabolmang.

"Atungbe, Ama Gulap rọ hinhe ikhum asamije, palung isọn akhan ru unsahna hmel vaholsi" Ama tuwng dọkhụnụ"tuthal ama gulap vareh iṭhapah hin kinheng dahruwngchin inibal amka? Amatuwng akụ mikheh tuwng ngalcha ngaldih pena sọchin nanụ phakhi vaṭoh thung vaning ajah nụ vahme isindeh ru mi pā ha pibuw nahrang vatun ṭhung hromanụ vaning vāja seh vahme ni vābiing isindeh hinto vahman chavah jeso"

Vapa James tuwng rọhin, gulap ru Lily rito linụ piichin

pangnụ Amelia kụng penụ ataheeng dọnụ, "Amaruwngchin nipah rihin, gulap rọ ru Lily rọ hinhe ụnechāng vaje. Dahtung vālocha doh vaje! Amalulu rah tuwng palung ithiing ilār vakhal ithuw ma tuthal ikhum isama ningja pah palung thu he alopah ka. Tutuwng ikhum isama ningja aṭhovah kachalanụ. Nangki apalungthu joso thiingnaka ilālningral am nami. Nangki apalungthu to vaphaten Lily rọ lulu tuwng thiingnibe ahme tumanite ābiing joso Gulap ripāl he he naka".

Va inkhon hin ruwngchin pini bal valih ki Apple bol chareh ihmowng tuwng vapanih bal val. Ama thingbol to Amelia vaiṭho ni vanaphun vaje, tuthal vakumten vachu ṭha papah, isin jol jol, idụ papah ichu vache, "Dahtung isuh nunge chadoh va; ripun piiholpah he he kaje".

Tuto nikheh jọng a ol tuwng Apple chuto pamāng poh nụ Ani vāhang sah te vāhna to idāng paṭhunnụ,ṭungnụ ijụr piiṭhun to vathih te Amelia to ohrangma vapalung suw nụ ṭah cha. "Amalulurah heng, kachalanụ", Vapatuwng palung isuw tangna dọnụ, "pāki nungeh naru adọh ahmang tuwng soldowng ruwngchin to vapamāng mang amakituwng ichummaki nungto athih thung vachun chavah. Lānglam alenki kathachah ru kapalung ngamnahe māngdoh nibe nang, atunghe Apple chu ahuh aṭa ikheel, niki kaṭanato hnimso, tuthal chāngdeh na iphamā kahmih ṭhọpum ṭhān ha hluh kaning".

Ama penato vathe nameme vahmih ṭhọ dimcha. Amelia to vapa pena tuwng ohrangma vapachụh val. Atatuwng Amelia to ihe ising vāṭhuw (knowledge) iampah mi akheh ki vanan ihangval vāthu tuwng, ripāl iṭhapah ipāl lulu hangval cha, Gulap ri mipalungthu piirụ pah lulu athuw cha, Lily rọ ithiing jah luluwng palung ithiingjah athuw cha, violet ripāl vaning ijah tangna ipāl luluwng kheh athuwcha tujamanụ thingbol iṭhapah vachu ihnimpah hrang luluwng athuwcha.

Patang James tuwng va tingkun ruwngchin inipah to vasuh ki ohrangma ihman pahva tuthal vaning iṭung pahva, dahki vadọte amaki vapāngkal ihluh tangnaki vanungṭoh ki vachu hinto amathingchu hin ru ripāl hinhe vane vadọthung vāhman nato kemlihmi. Tuto ama vāhmanhe ikheel vāhman nabal akheh amkhụka amatobe amaki vachalanụ akhehpang vapedong iṭapah, vanatampe kimakhe to palungthung thālnụ nung iṭo Amelia to vathihthung ohrangma ahmannụ vāhman nato ichụr nelih mi.

Piichọlna:

1. James vanadọ simpa hete dah tungpangki miva?
2. Amelia vanadọ sinnụ chara hete dah tungpang ki sinnụ charapa? Ama vānadọh pah te dah pa?
3. Ripāl Violet te dah-ru vāpa ṭim?
4. Ripāl Lily te dah ru vāpaṭim?
5. James ru Amelia kụngki dah itamchā hrang amka apazọọ vah?

4. TEPANGMI IṬHAMAHE VATHỌHLĀNSO VARỤ MI VATHUN MANG.

L. Wolring

Vapha akheh thung Mr. Lothipah vanadọ simpa he Kankhu vanadọ pām iṭhapah thung pālchanụ. Amaki vapālna khulanglang tobe Chāngde khu vadọpa. Dah vāpumthulen vabol vadon piidun pah ki simpa akheh va. Amāng mi piimāng joso ihroma tuthalna mi amāng piimāng joso ihroṭọ maki palungthu akheh hol chanụ.Amāh mi ibum tumanite mi ama ibum joso ihroma. Amo aval ileema mi lenṭāng ru icha sah ine sah vanadọto amakụngbe dārah ammacha. Vānsum thung so jomacha tuthal mikāl jowngso ṭamacha. In venki donkhāl vāpumthu vahrụl huh jāva. Aku mikhe ra ru joso alomacha tuthalna donkhāl phona amaki singsapalung tuwng chāngde khuthung iam hrangto hromacha. Iṭhamadeh akheh athuw chapajoso ningjate ipeelna ṭhamacha. Nikheh sānte padunchọọnụ ataheng palung vasāmval amatobe chāngde khuthung iam ma khubom ha am ningsung kanang kachọreel ru kāhmanna vāpumthu to akụ mikheh rah so kāthithi maso dọnụ khubom ha in sanụ amcha. Atatuwng vapha isow tangna vanumbah pālnụ chāngde khuthungki iam lāmwar jowngso vakho vadin ajamacha.

Lothipah simpahe vako vapacha mathungte va-inthung hmi pachownu bụ an thuwngnụ chanụ iam pa, hmi vanapacho hmikhụh to khulown ha ajāmnụ amato chāngdekhu thung iam mi vāpumthu tuwng vaniten vathih riim vacheh tuto nikheh te bụ-an ithuwng vātha thinụ jọngki buṭhing anṭhing vachāte vapo paṭha paṭhanụ kocha. Vako nāngte ihangthi pamoh manụ hmi piichow joso pachāng macha amakito khulown ha hmikhuh joso piilār macha. Vaniten hmikhụh ikhụto vaam ma nāte Chāngde khuki mithinto ningmolnụ dah kipa dọjenụ Lothipah simpa inha vaṭhing jete pāngmanụ va-ee na iboh jāto vāhnowl valje. Chāngde khuki mihin tuwng va-un hin sanụ hmi pachow sung bụ-an thuwngsung ikoto pechaka tuthal vahal hintuwng hithah ahlam sung pechaka amatuwng dam maso dọnibe athimpa amna iko inha (Hospital)

ha ṭhụ chaḳa dọjenụ roram vasemvalje. Vahal tuwng va-in, vạ-ungna, budiil tuthal ṭhengkam bụrki isengna hrangki nungiṭo vapaṭhun valje. Atapangki unshah na nungto khutuwng vaṭoh thungje, Lothipah simpa tuwng dọnụ kaụ-kane hin oh, ni katam mah ohrangma jakahinti, ijahrān aphā chāmang hin amatuwng sọpa joso ṭoṭo makhin tuthalna idam nahrang hitha joso ahlam hlam makhin. Inthung heeng kāma chajā khin kanumbah chọreel ningsung thọcha jāngkaning dọnụ vakhu mihinto vātham chāpaje vadọte vakhu mihin joso vaning hin dungnụ sọpa lāngpa iṭo vadon valje. Vakhu mihinto vaning hin ṭhamanụ Lothipah simpa kụng tuwng pena pachọọl jenụ, nangte thọtite dah kaṭoh hrang pahin vadọjete, ama pathang jenụ, nihe thọningbe ṭhān idụmāng ṭāngsamsa kapāng sato kampowl bu ru duw thung kāhlum munghin nụ dụkowng ha kāval chadoh jākhin vadọte, vakhu mihin tuwng ivangthuw hrang piidun rung māng hrojenụ volichaje.

Atatuwng achin ammanụ Lothipah simpa to thọcha. Ama penaki vathal iṭo tuwng vakhu mihin tuwng ṭāngsamsa vapāngsato kampowl bu ru duw thung ahlum jenụ dụkowng ha vaval valje. Dụkowng tuwng vajung juw me..meto dụkowng thung iṭhụ mihin tuwng thijoh jenụ vaning hin molcha amatuwng police station ha chọh jenụ pena (report) vapahlān valje. Amathalte police hin tuwng dụkowng thung idām lolo pow to pahlam jenụ, akho pāmki mipa dọjenụ anithuna aniṭanaki mi pachọọl jenụ vabol vadon vāhlam jete vadon chọọngna Chāngde khuki Lothipah simpa va idọto vaduh valje. Police hinto Chāngde khuha ṭhing jenụ vadọte Chāngde khuki mihintuwng palung chọọl tuwng Lothipah simpa penaki vathal iṭong dụkong ha kaval vahin dọjenụ vapathang valje tuto police hin tuwng hromajenụ no (Law) ki vathal iṭowng mi pithọki case (murder case) papāl jenụ Chāngde khuki mi vāpumthu to padụ jenụ koltung (Thọl arowng) thungha vakhum puh valje. Amatuwng Tepangmi iṭhamahe vathọhlānso varụ mi vathun mang vanadọtọ amapahe.

Pema Piidangna:

Lothipah - Palung isọnpah, ichọọ pah, pangin inipah.

Kankhu - Anallon
Chāngde - Palungto, Chānglo
Khulown - Dolbuh ki vapāngha
Athimpa - Iko piicha piidamcha
Iko in - Iko piichahin piidamna in (Hospital)
Police - No piiṭoma mi piidụ cha
Dụkowng - Ahlụ
Kampowl - Akalbu
Duw - Aphal
Koltung - Thọl arowng
No - Law

Pe-changki:

Atung koli thungbe amalulu Lothipah simpa be ammi amalulu he piitol hrang simpa be atung kāl kibe miru ere-esār na aro ilang, ikhumpah isaki hmihsọl, mi piiche, ithichama mihinki sọ piiphol, iṭhama piijin jow jow ki palung thu, iṭhama nungthin angal ijāng leleha sakhọ ṭonụ mi piiche, unekāl irena isām ṭol ki iṭhama iṭo pahin he. Ama luluki nung iṭohe Asapavān hrolih mi dọnụ doltipām thung isingbal Aruwng Solomon tuwng Ithiing Thimbụ Zeral 6: 17-19 thung vapazọọ sih. Amalulu iṭhama nung iṭo mihin he vathọ hlān so vanung ṭoh iṭhama ru vapena iṭhamatuwng mi ire esār ṭonụ, ijahrān phanu tuthal iṭhọ hiring najoso vaphamang. Amatuwng Asapavān chara anihin be amlulu ki iṭhama deh Lothipah simpaki para he piiṭhow mahrang pa.

Piichọl na:

1. Lothipah simpa he kọnụ vatho tiing vakhu mihin kụng dah vadọ?
2. Tāngsamsa vapāngsa to vakhu mihin dah vapaloje?
3. Chāngde khuki mihin kụng te police hinte dah vaṭoh je
4. Atụng koliki simpa nungṭoh iṭhamate akho pahin?
5. Doltipām ki isingbal Aruwngte akụpa? Asapavan vanahro lih ma iṭhama nungte akho Iṭhiing Thimbụ thung vapazọọ sih?

5. HALNṮ PIIHRĀM MA VACHARA PIIRAM

-Ts. Kono

Pemin : Ahme sāngram akheh to chapa mahrin pāljenṵ, Chapa-chala vun panga hmeh pahlṵ chajenṵ. Chapa athum, chala ahnọ pahlṵjenṵ. Vasāngram hin vapangam makhehin tāljenṵ vachara hinto hrānhrṵ patang chajenṵ, tuto kahlu vavihte vanṵhin tuwng inthung paii majenṵ, mi-inha piirii vasọpachehje.

Q. Akṵ inthung pari mangjeni?

Vaniten to atatuwng vaṭohpa. Dahṭhā alal nahla phajeso nṵpa jah na kābum chahin naka vadọchā paje. Alal-nahla vaphajete nṵpa jah na isowng O! dọdọ manṵ (Pase nathung tiingse idṵm; andol hnalen dṵ itāng thima) pena hlana aja machaje vachapa hin mahrin to Hero ṭumcha, chala mahrin to padon cha, kowlvenṵ vachāval, vāhnọh na vachapa khuto. Jọngkha ṭhaki vipatal, Jote patal in hluma athuwcha.

Vachapa hin mahrin to vasānten jṵ piirṵ ṭhingnṵ rāl thina ṭonṵ; vapa-vanṵ, vane hinto vabun pachehje. Vathọ doh thahso vadọhloh valje.

Vadah hin pow jāmanṵ mipow parṵnṵ vachopenaje khumchaje. Vanṵ ru vapa tuwng ikhāng piimohmā tuwng misọl apṵ jenṵ Karito varin pevalje. Karito thonṵ vawoliki accident athuwnṵ thọcha. Achin rah iam mā vachalnṵ hin mahrin to HIV umle thọkhṵ cha. Vachapa hin vāhnọh na khṵto No.4, overdose lamkhe ha thọcha. Vāhnọh na vachala hinto HIV umle pum alalru chunchaje.

Vāthum na vachapa hin khṵto vainajā thọcha. Vachalnṵ hin khṵto HIV umle vaimpṵ thọnṵ, chara vaṭhowkhe thọdodohnṵ vainha alecha, amaki vadahkheh thọkhṵcha. (Nṵṭung-paṭung ilee paliim dṵsṵl piihrow).

Vasāngram chāngbah hin amchaje.

("Dolti vasuh thal,lelo pavān vasuh sowpeepow") dah iṭohna amka. Vapalung vanunge sehdoh mā vaimpu̱ to BP.stroke thọcha. Chara iṭhonon ki dah kanakaje.

Halnu̱ piihrām lulu, nu̱ he piihrām ṭhaka.

Pechangki: Halnu̱ piihrām be vachara aṭuhāl icha pamohmi, vachara thin athu̱nsow dolti vāthe,vapakung mang amaki vaum mang. Atahlang tuwng nu̱ joso vacharato kahlu vinibe khulon vapathu mahrangpa. Mikol idum na, iṭha pena vatampe hrangpa. Nu̱he halnu̱ lulu pahrām manibe vachara rampoh jaka. Charahe vamoh vasemdoh hrangpa; aku̱rah chara to halmi; unsah kalomang dọso isu re-re ṭhami; huwn hate paṭọso va-unsah nate vapalungral thung ha vaṭhohrangpa. Asapavān iṭọchā ihangval hrangpa; Nungli-natahna vāpahlam hrangpa; vaphaten thung prathanā vaṭoh pehrangpa.

Piichọlna:

1. Ahme sāngram hinte chara aja vaṭhoje?
2. Vachara hinto dah tung iṭhoje?
3. Nu̱ he dah tung vachara vāchah hrangpa?

6. RUTH PEMIN

(ITHIING THIMBU̱)

ELIMELEK TUWNG VAPHUNGKA RU MOAB PĀMHA VAVOLI

Vazọlpu̱ hin pālthung ki vaphathung pām thung tuwng tānglāmna amnu̱, tuthal Judah thung iam Bethlehem vanadọ khupi thungki simpa mikheh tuwng vasinnu̱ ru vachapa ahnọhmeh kheh idọng Moab pām ha icheenghrang volichaje.

Ama simpa ki vahmiing to Elimelek dọnu̱, vasinnu̱ hmiingte Naomi vadọpa, tuthal vachapahin ahnọ hmiing tobe

Mahlon ru Chilion paje; amahin to Judah thung iam Bethlehem vanadọ khupi thung iam Ephrath mi paje. Amahin tuwng Moab pāmha volijenụ tuthal amachuh thung tuwng amchaje.

Tuto Naomi impụ Elimelek to thọnụ, tuthal Naomi to vachapa ahnọhin rutuwng vama valje.

Ama vachapahin heng Moab jol hinto vasinnụ hranghin valivalje; ama Moab jol hinki vahmiing hin tobe Orpah ru Ruth vadọpaje. Amahin tuwng ama pām thung tuwng kumsom val pālchaje; Tuthal Mahlon ru Chilion hinto vāhnọchāng hin thọjenụ, tutuwng Naomi tuwng vachapa hinru vaimpụ to vathọkituwng vathinhin alụm vaohval.

NAOMI RU RUTH TUWNG BETHLEHEM HA VĀLEH

Amathalte Naomi tuwng amaki vāminụhin kheh idọng Moab pām ki ileh nahrang vasāl valje, dahpa vadọte, vapām thung vamihin to PỤRUWNG tuwng phowl pejenụ ichā inehrang vaṭhovalje idọto Moab pām thung va am najātuwng vājahval.

Tutuwng Naomi tuwng va amna hmun thungki vāminụhin ahnọ rutuwng sāljenụ, tuthal Judah pāmha ileh nah lam hato volichaje. Tuto Naomi tuwng vāminụ hin ahnọkụng dọnụ, "Vovalikhin, nanghin to ain ain hahin vāle chakhin. Nanghin tuwng a-impụ hinru ni kakụng anaṭoh hin hlang hlang PỤRUWNG tuwng akụng hin palung ini vāthuw vahso.

Ahnọchānghin in nichahin tiso aphungka aphungka hin iam nahrang PỤRUWNG tuwng āpasupechā vāhinso!" Amathalte Naomi tuwng vāminụ hinto vābiing hin dụmnụ tuthal arowl piihreng tangna tuwng ṭahchaje.

Tuthal Naomi aminuhin tuwng Naomi kung dojenu, "Atama hrangpa, nihin tuwng amihin kungha nangru ilebih hrang pahin ning".
Tuto Naomi tuwng donu, "Thal vāle chakhin, kachalanu hin, dah li nanghin tuwng nikathalto kātojā lehin? Nituwng chapa piihluhrang athuw ningso tutuwng amahin to aimpuhin athuw jenakana?

Athalhin vāle chakhin, kachalanu hin, ahlam hahin vovali chakhin, dahpa vadote, nito in inihrang kibe aval athuwdoh chaning. Nito innikhoh paningso ama sānrah heng inni ningso, tuthal chapahin pahlu jeningso, Amahin tuwng vaval duki makheje nanghin tuwng āthah hrang pahinna? ""Tukituwng nanghin to inni chechan māng iamhrang pahin tina? Atama hrangpa, kachalanu hin, PURUWNG tuwng nito kāhmiil kituwng athin hranghin kathin lupah ka".

Amathalte amahin tuwng vārowl hin pithāng jenu tahkhu chaje; tuthal Orpah tuwng amaki vapito vābiing dumnu volicha, tuto Ruth tobe vapi len akhehteh cha.

Tuthal Naomi tuwng donu, "Asuvah, nangki aunu to amaki vamihin ru valehin kungha alecha; nangki aunu thal atonu vālevah".

Tuto Ruth tuwng donu, "Nang athal āitoto kādowldowl chama tumanite thal ileh nahrangki nito kāpasolsol chama, dahpa vadote, nangto avolina ha nito voli ningso, nang acheengna thung cheeng ningso, nang amihin to nikami athuw jeso, tuthal nang Āsapavān to ni Kāsapavān ithuw hrangpa, Nang athona thung nito thoningso, tuthal amachuh thung nito ihruhrang paning. Nito nang akungki ithona tuwng kāpathin phana PURUWNG tuwng atatuwng tumanite ama ikhel ikhum tuwng

aṭothā vahso".

Tuthal Ruth tuwng amaru volinabih hrangki vapalungto vaparival idọto Naomi tuwng vathite vakụng tuwng dah rah dọkhụ macha. Tutuwng amahin ahnọto Bethlehem vaṭung duki makhehin volichaje. Tuthal amahin tuwng Bethlehem vaṭung thungjeng vakhohin tuwng khupi leling vāpumthu to atụldohcha; tuthal sinnụ hintuwng dọjenụ, "Amahete Naomi mapana?"
Naomi tuwng vakụng hin dọnụ
"Nito Naomi[a] kādọdọ makhin, nito Mara kādọkhin, dahpa vadọte, Iṭopiichāng Asapavān tuwng nito hnakha tangnāng kāṭohval. Nito idim tuwng voliingnụ, tuthal PỤRUWNG tuwng kacheruh kāpaleh val. Dah li Naomi kādọ pahinti, PỤRUWNG tuwng chang kāpachalnụ tuthal Iṭopiichāng Asapavān tuwng kalen ṭhongbum ki suthih nahe vapaṭhinghlān?"
Tutuwng Naomi to amaki vāminụ Moab jol Ruth rutuwng Moab pām thungki alechaje. Tuthal amahin tuwng Bethelehem to tejāng chathun ili vapaṭhun phathung ṭungchaje.

RUTH TUWNG BOAZ VĀNADUHṬHỤ

Atung tobe Naomi impụki vapalemung Elimelek phungka thungki chavang pheṭhapah vahmiing Boaz vanadọ simpa mikheh amnụ.
Tuthal Moab jol Ruth tuwng Naomi kụng dọnụ, "Nituwng amaki vahmihsuh nathung suhduh kanaphahrang miki hlihato vathal ṭoningso, tuthal chọhmụ hin kālki chathal pahlam kaning."
Tuthal Naomi tuwng vakụng dọnụ, "Vachihvah, kachalanụ."
Tutuwng Ruth tuwng hlile hato volinụ, tuthal chọ piikungcha hinthal ṭonụ chathal to vapakungval; tuthal Elimelek ki phungka ithuw Boaz hliha amato ichih athuwcha.
Tuthal asukhin, Boaz to Bethlehem ki ṭungnụ, tuthal amatuwng chọ piikungcha hinkụng dọnụ, "PỤRUWNG to nanghin ru iṭhụbih vāthuw vahso!" Tuthal amahin tuwng pathang jenụ,

"PŲRUWNG tuwng nangto phowl āpecha vahso."
Amathalte Boaz tuwng chọpiikungcha hinto tho ipucha amaki vamanenụ kụng dọnụ, "Amahete akụ nahlapa?"
Tuthal chọ piikungcha hinto tho ipucha mane tuwng pathangnụ, "Naomi ru Moab pām thungki ilebih Moab mi nahla to amapa.
Amatuwng. 'Āthamchā mang ning, nituwng chọ piikungcha hinthal ṭoningso chapām hin kālki chathal pakungchāng kaning', dọnụ. Tutuwng amato ṭhingnụ mungteh pangrah iolphoh māng jọng virangki atunghe iphana vasụ memeh pa."
Amathalte Boaz tuwng Ruth kụng dọnụ, "Atung tobe ājavah, niki kachalanụ, milenṭāng hlileha chathal piikunghrang chichih ma tumanite amathung kihe asown sownma, tuto niki kanahla hinhe suh apaṭhā vahje.
Amahin tuwng hlile thung chọ vanapakung jeto nang tuwng suh apaṭha vahje tuthal amahin thalto aṭovahje. Nangto chang āipiichalnama hrang nituwng simpa hinto tho kanathahsa mapa jena! Tuthal nangto aning vahrāl thung beelṭuwng kheram hin bomha vaṭhingnụ tuthal simpa chara hin tuwng vanasusaje dụto anevah."
Amathalte Ruth tuwng doltiha vahme pakụnnụ tuthal Boaz kụng dọnụ, "Nito kholnụ sarāl kāthuhlān ahmihsuh nathung dah suhduh ṭhochāngnụ tutuwng nang tuwng nito kāthichā pahrih pati?"
Tuto Boaz tuwng amato pathangnụ, "Nangki aimpụ vathọki piiṭhun nangtuwng apithin anaṭọhpe dah vāpumthu, tuthal nang tuwng aju ru achụn tuthal apām paṭhitinụ anathimale mihin kụng ha aṭhingto nikakụngha kāthepetih valje.
Nang tuwng anaṭoh dah vāpumthuki thin PŲRUWNG tuwng nangto āpalehpe vahso, tuthal amaki vapaṭha nanthung ithinchāhrang nangtuwng aṭhingna Isreal ki PŲRUWNG Asapavān tuwng nangto idimdim hme āmna āpecha vahso!"
Amathalte Ruth tuwng dọnụ, "Nangto nikakụng palung inibal pati, niki kāpụ vadọte, nito amanenụ hin kālki akheh athuwma pajoning, nang tuwng palung kāpangampe tinụ tuthal amanenụ

kụng tuwng palung ini tangnāng ipe pati."
Tuthal bụ ichāpha tuwngte Boaz tuwng vakụng dọnụ, "Amachuh hahe avangvah, tuthal bụchọ chari achavah, tuthal nangki abụhleh vahal to vumhriidụ thung achomvah." Tutuwng Ruth tuwng chọpiikungcha hin bom tuwng aungnụ, tuthal Boaz tuwng vakụng irohsa chọhmụ to pahlānnụ tuthal amatuwng vaning vaṭung duki makhe chanụ vahalto vāpalemval.
Amatuwng chathal piikunghrang vahangri thung Boaz tuwng amaki simpachara hinto thepe jenụ, dọnụ, "Ruth tuwng chapām hin kālki chathal apahlam vahso, tuthal amato vakol pachowchow makhin.
Tuthal itụhsa chāhmụhin kālki vathinhrang vahalto ājụpe hinnụ tuthal amato chathal tuwng ichuwnghrang ama pekhin, tuthal amato pahrahrah makhin."
Tutuwng kahlu vavih duki makhe Ruth tuwng hlile thung chathalto vapakungval; amathalte amatuwng chathal vānachuwngsa to bunnụ, amato piitena ephah[c] vanadọ akheh valki tejāng chathun pa.
Tuthal amatuwng vachathal pakung to holnụ khupi hato volicha; amatuwng chathal vanapakung to vapikụng pathenụ, tuthal chanụ vakhumthal vānapalem ichāṭha hin tojoso athunụ vapikụng vapehval.
Tuthal vapi tuwng vakụng dọnụ. "Asinnite akhothung chathal apahlam?Tuthal akhochuh thung nung atah? Nangto āithichapahrih simpa to sụṭha vāthuw vahso." Tutuwng Ruth tuwng vapikụng amaru nung vanatāṭhụ to thepenụ, dọnụ, "Asinni heng niru nung kanatāṭhụbih simpa ki vahmiing to Boaz pa."
Tuthal Naomi tuwng vāminụ kụng dọnụ, "Amaki vapalung nih natuwng ihring tumanite ithọsa hinto piihmalma PỤRUWNG to suṭha vāthuw vahso!" Naomi tuwngso Ruth kụng dọnụ, "Simpa to anihin ki napalemung pahin, anihin ki nāketḥụ reh hin napalemung hin akheh pa."
Tuthal Moab jol Ruth tuwng dọnụ, "Ikhelseh thung amatuwng ni kakụng dọnụ, 'Amahin tuwng niki kachọ vanapakungje

vāpumthu vapaṭuh duki makheje nang tuwng kamane hin bom va amvah.' "
Tuthal Naomi tuwng vāminu̱ Ruth ku̱ng dọnu̱, "Amato ṭhapahka, niki kachalanu̱, tutuwng nang tuwng amaki vanahla hinru achibih hrangto, atamanibe milenṭāng hlile thungbe nangto chang āpachal vājeni vadọ."
Tutuwng Boaz nahlahin bom ahningnu̱ tejāng chathun ru Gehu piikung to vaṭuh duki makhe Ruth tuwng chathal vapakungval; tuthal amatuwng vapiru ambih chaje.

RUTH RU BOAZ CHỌỌTHỌ THUNG VĀDUH

Amathalte vapi Naomi tuwng vaku̱ng dọnu̱, "Kachalanu̱, nituwng athinhrang a amna āhlampe ningso, tutuwng amato nang aku̱ng iṭha athuw vamina?
Atung tobe nang tuwng amaki vanahla hin ānakhiṭhu̱ Boaz to anihin ki napalemung hin mapana? Asuvah, asinni sānheng amatuwng chọọthọ thung tejāng chathun to vāljah naka. Tukituwng vāinoh nu̱ adahto the vāinu̱lnu̱ tuthal nangki iṭhabal abudiil tuwng vāṭhungnu̱ chọọthọ hato ju̱vah; tuto amatuwng icha ine vapaṭuw duki makhe adahto vaku̱ng piidang dangma. Tuto amatuwng vaithung vaina hmun to asumeh vah; amathalte vovalinu̱ amaki vakhu ahlih nu̱ amabom va iivah; tuthal dah iṭoh hrangpa idọto amatuwng āthepe naka."
Tuthal Ruth tuwng pathangnu̱, "Nang tuwng anadọ vāpumthu to nituwng ṭochāng kaning." Tutuwng Ruth to chọọthọ ha ju̱nu̱ tuthal vapituwng vaku̱ng vanathepe hlanghlang vaṭohval. Tuthal Boaz tuwng chanu̱, nenu̱, tuthal amaki vapalung to vāhman thung amatuwng chọhmu̱ vapahlu̱ngna hin vakom thung i iihrang volicha. Amathalte Ruth tuwng adetāng ṭhingnu̱ amaki vakhu to hlih nu̱, tuthal iicha.
Sānṭimpang tuwngte simpa to adalnu̱ tuthal vanan vapaluval, tuthal amaki vakhuthal sinnu mikheh i iito vathival!
Amatuwng dọnu̱, "Nangto aku̱pati?" Tuthal Ruth tuwng

pathangnu̱, “Nito nangki amanenu̱ Ruth paning, nangki abupaṭha to amanenu̱ len kāden pechāvah, dahpa vadọte, nangto palemungreh pati.”

Tuthal Boaz tuwng dọnu̱, “Nangto PU̱RUWNG tuwng phowl ānape vāthuw vahso, kachalanu̱, nang tuwng ama vaṭuwna apalungnih nahe rowlsaki kin piiholhlah tinu̱ tutuwng nangtuwng iṭhochama tumanite chavang pheṭha ithuw simpadong hin thalto aṭomapa. Tuthal atung tobe, niki kachalanu̱, ṭọṭọma, nang tuwng ānahnọh dah vāpumthu ki thin nituwng ṭong kaning, dahpa vadọte, nangto matih icha sinnu̱ akheh pati idọto khupi lelingki simpa hin, niki kalu kalām vāpumthu hintuwng āthi jesih.

Tuthal atung tobe amato nalang langpa, vadọte, nito ihnebal palemung paning tupa rende ni kakin ihnehhlah palemung mikheh amka.

Ama sānhe va amvah, tuthal jọng tuwng amatuwng nang athin hrang vākeṭhu̱ palemungki vanatọpham ithuwto tọhrang nibe thāpah ka, amatuwng amato aṭovahso; tuto athinhrang amatuwng vāhneṭhu̱ vapalemung ki vanatọpham ithuw to tọmanibe, amathalbe PURUWNG to vahringki, nang athinhrang vanatọhpham ithuwto nituwng kātoh hrangpa. Jọng vavih duki makhe vaii jāvah."

Tutuwng Ruth to Boaz khuthal bom jọng vavih duki makhe iicha, tuto aku̱ mikheh rah tuwng piihrih vapachāng duwng hangthicha; dahpa vadọte, Boaz tuwng, “ Chọọthọ hahe sinnu̱ ṭhingnu̱ idọ to mitusong thithi maso" , vadọpa.

Tuthal Boaz tuwng dọnu̱, “Nang tuwng anahol buto avangsinnu̱ tuthal amato apadu̱vah," Tutuwng Ruth tuwng amato vapadu̱h vah, tuthal Boaz tuwng amato tejāng chathun to piitena hin vanadọ taruh patenu̱ tuthal Ruth akubolha vāpadumval; amathalte Ruth to khupiha volicha.

Tuthal Ruth tuwng vapi ku̱ng vaṭung thung vapi tuwng vaku̱ng dọnu̱, “Dahtung aṭohcha, niki kachalanu̱?” Amathalte simpa tuwng vathin vanaṭohpe dah vāpumthu to Ruth tuwng vapi ku̱ng

BOAZ TUWNG RUTH VANALI

Tuthal Boaz to suwngthukhāl ha hangnu̱ amachu̱h thung tuwng aungcha; tuthal asukhin, Boaz tuwng vakho vanathe vākeṭhu̱reh vapalemung to vabom tuwng ṭhiṅgcha. Tutuwng Boaz tuwng dọnu̱, "Kāvah pechāvah," Tuthal amato avanu̱ aungcha. Tuthal Boaz tuwng khupi thung avalhin misom to pakungjenu̱, tuthal dọnu̱, "Amachuh heng kāung pechākhin"; tutuwng amahin to aungchaje.

Amathalte Boaz tuwng vāhneṭhu̱reh vapalemung ku̱ng dọnu̱, "Moah pām thungki ivangle Noami tuwnganihin ki napalemung ithuwElimelek ki pām vahleh to vajolmang. Tutuwng niki kanapaduntobe amato nang aku̱ng āthepe ningso,tuthal amachuh heng iungniki vahal hin hmebom heng arinvah dọngkaning kadọpa. Nangtuwng amato aṭinnum tibe āṭinvah; tuto nangtuwng aṭin mahrang tibe nito kāthepevah, tutuwng nituwng amato ithi kādọh mang, dahpa vadọte, amato iṭinhrang nangmatiso aku̱rah ammi,tuthal nang athal tuwngbe nijā paning." Tuthal vapalemung tuwng pathangnu̱, "Nituwng amato aṭin kaning."

Amathalte Boaz tuwng dọnu̱, "Nang tuwng Noami kuh thungki hlito arinna nithọsa vachapaki vahmikhu̱nu̱ Moab jol Ruth joso ithọsa vaimpu̱ ki vāriṭuw hrang piileh penahrang arinpum hrang."

Amathalte vākeṭhu̱reh vapalemung tuwng dọnu̱, "Nikathin hrang amato iṭin pachāng namaning, atamanibe nituwng niki kāriṭuw to piimāng athuw kanig. Niki iṭinpena katumto nanga alichavah, dahpa vadọte,nituwng amato iṭin pachāng namaning." Atung tobe Isreal thung arāngki vapha thung iṭinpena ru iṭhingna ki vahlam thung ichina noto ama pahe: vanapahlān to piichung nahrang ipechahrang mituwng amaki vakhuwnghuh to su̱whlohso tuthal ilichahrang milentāng ku̱ngha amato vapeh hrangpa, tuthal Isreal thung piichungna vahlam to amapahe.

Tutuwng vāketḥureh vapalemung tuwngBoaz kuṇg, "Amato nang athinhrang arinvah," vadọthung amatuwng vakhuwnghuh tovasuḥlohval.
Amathalte Boaz tuwng avalhin ru mi vāpumthu hin kuṇg, "Nanghin tuwng asinni heng hmihthi athuw chahinti ama tobe nituwng Noami kuh thungki Elimelek na ithuw dah vāpumthu tuthal Chilion ru Mahlon hinna ithuw dah vāpumthu joso karinval. Ithọsaki vahmiing to vāriṭuw hrang thung amtọlso,tutuwng ithọsaki vahmiing to amaki vauṇe hin kālki tuthal vapām ki suwng thukhāl thung piihmal nadoh mahrang mahlon hmikhuṇu Moab jol Ruth joso niki kasinnu hrang Karin val, asinni heng nanghin to hmihthi pahinti hmihthi pahinti."
Amathalte suwngthukhāl thung iam mi vāpumthu hinru avalhin tuwng dọjenu, "Nihin to hmihthi pahin ning.PURUWNG tuwng nang ainha aṭhinghrang sinnu to, Isreal into kohkheh piiṭhangcha Rachel ru Leah lulu āpathupe vahso. Nangto Ephrathah thung piichang vāthuw chavah tuthal Bethlehen thung ahmiing iwol vāthuw vahso; Tuthal ama sinnu chara jālheng PURUWNG tuwng nang akuṇg ānape hrang charahin jāltuwng nangki ainto Judah kuṇg Tamar tuwng vanapahluhpe Perez phungka lulu vāthuw vahso."

DAVID THORUWL

Tutuwng Boaz tuwng Ruth to linu tuthal amato vasinnu vāpathuval; tuthal amatuwng Ruth to pālṭhuṇu tuthal Puruwng tuwng Ruth to ne iringna penu chapa akheh vapahluhval.
Amathalte sinnu hintuwng Naomi kuṇg dọjenu, "Asinni nang heng vāketḥu vapalemung iamto āipamama Puruwng to piipā va am vahso; tuthal amaki vahmiing to Isreal thung ivowl vāthuw vahso.
Nang akuṇg ihringna piilehpe tuthal kum itangsa to piidongpe vāthuw vahso; dahpa vadọte, nangto unsha āipiilo nangki āminu tuwng nang akuṇg chapa takhọhin ikhel āmato apahluh peval."

Amathalte Naomi tuwng amocharato linu̱ tuthal vaāngha adumnu̱ tuthal amaki vāijuwcha athuwcha.Tuthal vengchāngki sinnu̱ hin tuwng dọjenu̱, "Naomi ku̱ng chapa akheh to piihlu̱cha." Tuthal amahin tuwng amochara hmiingto Obed dọjenu̱ vaphupe valje; amato David piihlu̱cha Jesse ki vaju ithuwpa.
Atung tobe Perez ki āngsung hinto ama pahin he: Perez tuwng Hezron pahlu̱nu̱,
Hezron tuwng Ram pahlu̱nu̱, Ram tuwng Amminadab pahlu̱nu̱,
Amminadab tuwng Nahshon pahlu̱nu̱, Nahshon tuwng Salmon pahlu̱nu̱,
Salmon tuwng Boaz pahlu̱nu̱, Boaz tuwng Obed pahlu̱nu̱,
Obed tuwng Jesse pahlu̱nu̱ tuthal Jesse to David ki vajupa.

Piichọlna:

1. Moab pām ha volihinte aku̱ ku̱ paje?
2. Orpah ru Ruth hinhete akho jol paje? Amahin ki va-impu̱ hint e aku̱ ku̱ paje?
3. Naomi ru vāminu̱ hinte dah liing Moab pām ki Bethlehem ha volihrang paje?
4. Boaz tuwng Ruth to dahtung vali?
5. David thoruwl ki imungtangna apazọọ vah.

7. DOLTIMI KI TUM (HUMAN RIGHTS)

Ngamlun Wango

DOLTIMIKI TUMHIN

Doltimi akheh athuw nibe, vānaṭuwchā hrang tum amka. Doltimi akhehki hringsow pālpii-leeng nathung kol (dignity),kol (respect) ru iṭhu̱ aku̱ rah suthol iṭomā palpii-leeng chato amaki tum pa. Phahring penabedoltimi hin tum he pakhe pakhe amka.

Amahin tobe:

1. Civil and Political rights →Lāmvār ru chāngro tumhin
2. Economic rights →Ralthom tum
3. Social and cultural rights →Ruwllang ru Teno tumhin
4. Children rights →Nedowng hin tum

Arāng aleeso, koli ileema miki tum hin heto, aku̱ku̱ ilee-ma napaku manghin.Govt. (Chāngro) thimasin,phung thimasin, vānsum thimasin, phahringmi thimasin, ivum mi thimasin miki tum he napaku mee-mee manghin. Amaheto ṭhami, chummi, piichum hloh hrangpa idọki hrānhru̱ ili thimpu̱, thimpi doltimi ohrangma amka. Mohandas Karamchand Gandhi ru Rosa Parks he ama luluki simpa, sinnu̱ akheh khekh paje.

South Africa pāmthung M.K. Gandhi he vapha mungteh va amthal Pretoria vanadọ Transvaal khupi (capital) thung karo hāng iṭhing hrang dalkāl vāthu kituwng, sānkheh naṭo hrang train ticket, first class to rinnu̱ first class compartment hatuwng kalcha. Atatuwng train thung vatuwng jāte Naṭal pām thungki Maritzburgkhu (station) vaṭungte sānki ṭhang 9:00pm tanu̱. Ama station thung tuwng phahringpa akheh ahangkal cha.Phahringpa lam ichọh hrang tuwng M.K. Gandhi to first class compartment thung ituwngto vathih johki piiṭhun vaku̱ng suhthol (disturb) athuwcha. Phahringpa vana padun tobe isin hmeh hmu (brown) mito dahki firstclass compartment thung

ituwng hrangva. First class compartment te phahringmi nụmba ituwng jā hrangto. Amaki tobe pharingpa to compartment ki jungṭum dohcha. Ampho nụ train police officers ahnọhmeh ruwng ahang kal cha.

Police officer (piihol) akheh tuwng M.K. Gandhi kụng dọnụ iṭhamahlah compartment hāng vang chaka vadọte, Gandhi tuwng dọnụ first class ticket kaṭhosih dọnụ vapa thang te, police officer (piihol) akhehkhụ tuwng hāpumnụ first class ticket ṭhojoti aleeseh mi, nangto iṭhama hlah hāng ivang rarah hrangpati vadọval.

M.K. Gandhi, pathang khụnụ nite Durban station thung ama compartment thung ituwng he kāhro shapaje vadọte, police tuwng dọnụ, nang anum bah iṭha mahlah hāng ivangto hro matibe, sọpe on ning sung namphụ train ki apathuw kaning vadọte, Gandhi pathangnụ nibe kanumba hroning sung vangthuw namaning dọnụ. Amathal tuwngbe police isọn hlahhin tuwng Gandhi powse vāpumthuto platform hāng vaval pepoh valje. Gandhi joso train ki vapaṭum valje.

Lung-ngam ilum ru iṭhụ vapow vase vāpumthu mi valipepoh val. Tuni sān tuwng asọh ichụn ruwng iṭhụ sānso palung padunnụ, amaki piiṭhun tuwng Gandhi heng varowlsa balki Satyagraha (non-violence movment) heto South Africa thung paṭhun nụ, pāmthung iam vami vasa hinki thin, ichumma no, iṭhama no to piichum nahloh hrang ki nung vaṭohval. Satyagraha heto unsana tumanite achumpa thungki ithuw akhehpa. Rāl ṭoh na kuwle hinkin satyagraha he ipal hlah kuwle akhehva. Satyagraha he India freedom movement thung joso pihol pah kuwle akheh athuwka

Rosa Parks vanadọ sinnụ akheh he ivum ki mi akhehpa. December 1955 kum thung he, nikhehte company thung athụn so, powtha iṭo iphama nung vatah chāthal, amajoso va-in hāng

voḷi nahrangki Bus rọna hmun hāng volicha.

Atungte Bus ṭhingnṵ vahang kalte, i-ung na iruw molto vathih chāte, ahman chacha. Athṵnso i-ung ma nungta nṵ ama tuwng a-ung ning sung powtha chakaning dọnṵ a-ungcha. Atungte bus he volipha vinṵ ithocha (driver) tuwng pung (bell) vāparing val. Ama kitobe, phahringmi (English) hin ahang kal mol chaje phahringpa akheh he i-ungna phamanṵ rọh lelocha. Driver (ithocha) tuwng irọhlelo to vathih nāte bus itho piiṭhun na ṭhamacha dahpa vadọte Montgomery pām thung ki No ichum ma akheh tobe bus thungki i-ungna he phahring hin a-ung jeso alem nibe ivum mihin i-ungpe hrang paje. Akheh khuto be, pharingmi bus ha kalso i-ung na ruw manibe vadutung balkii-ungna thung i-ung ivum mi tuwng hangrọso vā-ungna vape hrangpa. Tuthalna ivum mite vadu tungki thukhāl hāng jungṭumso vathal tungki thukhāl hāng hangkalso rọhso bus thung ituwng hrangpa.

Rosa Parks heng phahringmi to va-ongna vape pham itava tuto Rosa Parks heng pemacha bus joso ithonna ṭhamacha vadọte phahringpa akhe to i-ungmā irọlelo bus itho hrangto No mapa. Atungte bus ethocha tuwng Rosa Parks to hmih sọl vasuh val. Tuto Rosa Parks padunnṵ phahringpa kin ni ijahlah ningto tujāmanṵ bus fare (sọl) joso itol sah kape jāhrang to daki ka-ungna kapehrangpa. Paru pena maning. Tuthal amate simpava nite sinnṵ vaning.

Rosa Parks to vahang rọdeemanāte bus ithocha tuwng dọnṵ hang rọhnṵ vathal tung hāng vang hloh vah vadọval tuto Rosa Parks he ahno macha. Tuthal tuwngte bus ithocha he jungṭum nṵ police ahangkal ṭhṵnṵ Rosa Parks to No apakuval dọjenṵ padṵ (arrest) jenṵ koltungha (jail) ha vathāl valje.

Rosa Parks he sinnṵ iṭhapah akhehva. Ruwllang (society) thung miru vāre vāsār ammi tuthal va-in phungka

unsah ilopahsin nuva. Amathal vakho iṭhapah sinnu akhehva. Karo (court) thung jongso dara vakhovadin iam ma sinnuva.

Atungte Montgomery pām thung tuwng Rosa Parks he koltung (jail) ha asang cha idọ pehlam (news) he avowldoh cha. Tukito ivum mi hinheng padun jenu police areṭhu sinbe pamo namasin amatuwng bus company are ṭhuchaka vadọval je. Dahtung vāshol ṭhu ze dọnibe, Rosa Parks arowngki vathu duki makhe bus thung tuwng namasin vadọvalje. Amajā manu karo thung case tọchaka vadọvalje. Tuniki piiṭhun tuwng ivum mihin akurah bus thung tuwng machaje. Vakhu hin ru taxi len ahlun chaje.

Montgomery pāmki karo thung tuwng case vaṭoh nājete karopu (judge) tuwng ataheng vazọl ṭonu, Rosa Parks he pāmki ikhena (segregation) No vapakuval amatuwng piirimna (fine) ape vahso vadọte, Rosa Parks ki No ihehin thepe jenu, piirimna pepema piithāng bal karo (Supreme Court) hāngcase ṭo hinchaka dọjenu pena vapaṭuh valje. Rosa Parks jongso hronu case vaṭojete karopi (Supreme Court) tuwng vazọl ṭonu ataheng dọnu, lāmvār hlunna bus (public transport) thung ikhena (segregation) No ammi. America pām thung ama No he chọhmi/ammi vadọval.

Rosa Parks he piirim na (fine) joso itenma koltungki thuwcha. Ivum mihin bus boycott vanaṭoh hin he ni 381 ṭojenu. Tuthung heng bus company sọl he Lakh som (million)ikhel māngjenu. Bus ithochāng vanapadun tobepharingmi irọhlelo bus thoning be company sọl mā naka vanadọto athuw manu, ivum mi arowng ha vanathāl doh tuwng company māna athuwcha. Bus thung ituwngki ihlun he phahringmi hinkin ivum mi ihnim hlahpa.

America pām thung, Rosa Parks he ivum mi hinki Civil Rights Movement vanupi sinnu aṭang inipah akhehva dọjenu

asinni phana vapadun mangje Rosa Parks he mi palungthu ohrangma parụ nụ tuthal achum pa No idọpah sinnụ akheh athuwka.

Imung piithang hrang piichọlna:

1. Akhopām thung Gandhi te trainki vapa ṭum doh paje?
2. Gandhi te dah compartment thung etuwngva?
3. Bus ithochah (Driver) Rosa parks kụng davadọ?
4. Rosa Parks he dahki vahlam ha arowng (jail) hāng vathāl vaje?
5. Dahki M.K. Gandhi te first class compartment thung ki vapaṭum paje?
6. Rosa Parks arowngki ithunahloh hrang kithin dah vaṭovalje?

25-30 valki pena piithanghrang piichọlna:

1. Dahki Rosa Parks tuwng pahring pato vāungna vape hrangpa?
2. M.K. Gandhi dahki vahlam ha first class compartment kiiṭha mahla hāng ivang vahlo mava?
3. Montgomery pām thung phahringmi hin ruwng ivum mi hin hete bus thung dahtung ituwng hrangpaje.
4. M. K. Gandhi vanumba Bus ki iṭum hloh vana?
5. Rosa Parks hete datung pangki sinnụ va?

Chumnite – (T) tuthal Chumanite – (F) athavah:

1. Gandhi he first class ticket tāng first class compartment hāng ikalva.
2. Gandhi he sānso platform thung asọ achụnnụ.
3. Ni 381 chah, ivum mi hin Montgomery pām thung bus boycott ṭojenụ.
4. Rosa Parks he bus thungki driver vapaṭumdohva.
5. M.K. Gandhi he jail (arowng) hāng asang nụ.

8. ALAL-NAHLA VĀTHU PHIPHIH THUNG AHR?N CHANIBE, MIPUNG MISĀN-NA ATHUW NAKA.

Dr. Sng. Ningri

'Alal-nahla ivangthuw phiphih' (adolescence) vanadọ he ivangval bangbang, alal chara, nahla chara hin, kum 10-19 iphana ki mihin he vadọ napa.Alal nahla vāthu bangbang thung heng, amahin ki vapāngsa hinhe irang tangnā piiṭeh kaje. Vapānghli hinto vang pahol hlahlah so, vānahnowl male hin ahnowl jena ka. Tuthung heng iṭhama iṭha thicha pahrih majeso, dah-lu dah-lu paleh (try) num pah jenaka. Tuthung heng aval ahrāng hin ki, nu̱pa hinki, u̱ne hinki, thimpu̱-thimpi hinki, athim(doctor) hin ki achacha pe valochā hrang paje. Atama nibe, athi sambāl ducha jeso, vathal ha ivang leh naṭhanami. Ikhel seh thung, Christian alal nahla hin thin khusọl piithu̱h na athuw naka.

Puberty: Vanadọ he, 'in ni chechanso, charane iṭhona ki thin vapāngsa to piiṭhing ka' vadọ napa. Puberty ki vapha he nahla chara hin ku̱ng be kum 10-14 thung heeng ṭhingnu̱, simpa chara hin ku̱ngbe kum 11-15 thungheeng vika. Tuthung heeng vapāngsa hinto piiṭhing ka.

Sinnu̱ chara hinku̱ng Puberty vaṭhing thung:

1. Va āng avanaka
2. Vasah-thi pāngha piihmol paṭhun naka.
3. Vapāngsa vangrong hlahlah naka.
4. Vaṭha tenki vari iṭhing paṭhun naka.
5. Vapalungthu vangṭi hlahlah naka.
6. Vasam ru vapāngsa ki vakowng len the (oil) alen naka.
7. Vahme len samathih ava naka.

Menstruation: Vaṭha tenki vari iṭhing vanadọ hete, nahla hinto vaiṭha ten ki sọ ibol ru abol lenṭāng to, ne vahol nahrang hlam ki

thuw naka. Rowlsa ki ithuw ru vā-ijow to ni 28 ki ni 30 iphana val ahla naka. Rowlsareh reh ki vaṭha iṭhing he kum 10 ki 16 iphana thung heeng ṭhing naka.Tuto vā-ihnim thung kum 13 thung heeng ṭhingka. Vaṭhaten ki vari iṭhing to, vadon nahrang vapha amka: vadah kum 45 ki 55 iphana thung heeng don naka, amato Menopause vadọmang.

Menstrual symptoms: 'Vaṭha ki ṭhingka' idọ vādang nahe, sinnu vā-ihnim thung isọ matā so vādang nahrang vahlam lenṭāng ammi. Kum 13 ki 19 iphana ki mihin kung be, vapaṭhun peh thung piitel ihropang ki pachā jānaka. Tuto, piichā to demaso pachāpah nibe, ihlun iṭa pachāngma nibe amato 'Dysmennorhhea' vadọmang. Piichā to, vaṭha ki vapaṭhun tiing, ṭhangkheh ṭhanghnọ vaduha, tumanite vaṭhing hree ki pachā naka. Piichā he ṭhang ajahmeh vamo pachā naka, tuthal ṭhang 25 iphana piichā doh vahropa. Tuto ama piichā he ṭhang 48 alān so piichā doh be amtow towmi. Vapalung ahlomso, vaning noh naka, vadah he japah naka, vapow jọnaka, valu pachā naka, tuthal vamihol athom naka.

- Vaṭhaki vaṭhing thungheeng, ilum ileng, tuthal lenṭāng ṭāng nung vaṭoh jāhrangpa.
- Dụ ijoki ichā inee he vachā hrangpa, vanee hrangpa, pāngsa ṭhah naki ichā inee vachā vanee hrangpa.
- Thingchu hlungchu piita mahrangpa, vachā hrangpa.

Valen ki vaṭhing thung vānahrọn hrang:

Valenki iṭhing hetuwng vaniten ki vanung ṭoh to piiṭal nama hrangki thin vāhrọn chā hrangpa. Class ichih hrangpa, inthung ki nung joso vaṭohṭhujā hrangpa. Ataheng ṭonibe, palung ngamna kheh phaso, vapāngsa ki vahlam ha nongna hlah naka. Ataheng valen ki vaṭhing thung ahrọn chathi nibe, hringṭuw damṭuw nakheh athuw so, ahring ha ipung isānna ki

thin iṭhapah vahlam akheh joso athuw naka.

Valen ki vaṭhing thung vānahrọn hrang tobe:

1. Vaniten iṭhu̱-ibāl vadon mahrangpa.
2. Thungha vanavin budiil to ithiing hrangpa, tuthal vapaṭhing lalah hrangpa.
3. Ṭhanghnọ-ṭhangthum alah thung heng vabuthi to vapaṭhing lalah hrangpa.
4. Aṭhọ napahuma budiil be vana mahrang pa, vavin mahrangpa.

Valenki vaṭhing thung, iṭhāng ihrọn manibe ṭhami:

1. Valu̱mthu̱ vaṭhing thung, iṭhāng ahrọn maso, piithiim lalah manibe, infection athuw naka, iko piichana athuw naka.
2. Tuthung heeng, simpa ru akhih so, simpa ru pāl nibe, vānahlāng hrang umle, tuthal ama malangma umle to amo amna hrang ha hluhso iṭhama athuw naka. Tutuwng simpa ru ipāl mahrangpa.
3. Vabu vāpaṭhing hnol ki vathal iṭowng pānghli ki kownghe hmāl naka. Tuto, tuthung heeng vakownghe vapalim mahrangpa. Limnibe jolthipah naka, infection athuw thipah naka.

Irang sehdoh inni nibe pāngsa thin ṭhami:

1. Kum idọwng ne ihlāng.
2. HIV luluhe vāhlāng thipah mang.
3. Pāngsa ṭhah nahrang ki vahlam vadu̱ ithi vāka.

Idongjā Ne Ahlāng nibe:

Kum 18 ki vanan ha ne ahlāng nibe, pāngsa kithin alum pahnih ka.Vakumten thung amahin lulu ki, idowng seh doh nehol ki ijah ihrānna, tuthal iṭho chathima ki vathọ vahring nahin ohrang mā amka.Thim ihlam piiṭumā, inni jenu, vanaṭho hin nedowng isuh piiṭhāna kheh thicha pahrih ma jenu, vadah hin kheh ihrọn chāna thicha pahrih mije.Amahin heeng thapa (service) ahlamcha jojeso, piiṭumbal ki nung phacha jenaka, tumanite, nung phachama jeso vahringsow thung hin, vachara hin ijuw pachāng chama jeso, chọrelcha hrang paje.

Medical tungha arọn ithuw pah tobe:

1. Vaṭho duha, vapo thung vanahol vachara to isuh piiṭhā vāka.
2. Idowng iphah ne ihol hinhe, Blood Pressure pathāng thipah kaje.
3. ṭha isumāng, ni?hām (week) 37 val thung heng asown thipah kaje.
4. Vanaṭho hin nedowng he Kilo 2.5 rah iphamā va?ho khal mangje.
5. Sinnu-simpa ki iṭhama umle (HIV,AIDS) vāhlāng thipah mangje.
6. Chara vaṭho thal hin ki palung jah na ihol pachāng chamije.

Piichọl:

1. Dah kiingte, kum 10 – 15 iphana ki hringṭuw damṭuw he, ikhelseh thung ihrọn nama iṭhama akheh ithuwpa?
2. Nahla chara hin he vahangval bangbang thung hin, pāngsa ha vā-ipiiṭhing nahin vahlam dah amka?
3. Vaṭhaki vari iṭhing (menstruation) vanadọ hete dah vadọ

Piidang:
Symptoms: Mi akheh he, vakona amka, ammi idọto, Pāngsa len ru vākhan
thung idangpa.

Tachycardia: Tachycardia vanadọte heart vanabun vamihol ki vahlampa. Minute akheh thung 100 ki vāthah ha mihol bun nibe amato 'Tachycardia'
vadọpa. Amahe vahlam ahnọthum ki ithuwpa.Vahlam lenṭāng ki ṭhingso dọnibe 'tachyarrhythmia' vadọmang.

Dysmenorrhea: Dysmenorrhea (dysmenorrhea or painful periods) vanadọ hete, vaṭha ki vaṭhing thung tuwng vapacha pah thung amka. Vapacha kituwng sinnu to vanung iṭo to jọkhu ka, iṭo pachāng hloh mi.

Menarche: Sinnu ki hringsow thung varowl sah nareh ki vaṭha ki iṭhing, valumṭhu iṭhing to vadọ napa.

Uterus: Amahe, 'amo vāsang na', 'vaparebu' vadọ mang. Ama thung heng amo ithuw hrang vahrọto hluh nu, tutuwng ivang piihol pa.Mi vangthuw hlahlah nu, vaṭha sunite nedowng vaṭhopa.

1. ANAL THIMZỌỌ

- Rev. P. Volhung

Thim ihlamna vamụ vachang vaṭhingduw,
Hmalpa thimzọọ len pena ichih jāpa
Anal Zemụ thang phuwnụ,
Thimpụ N.L. Volhnung kụng,
Aruwng Jesu napehpa Anal thimzọọ.

Pụruwng unsah-na 1946 thung,
Rowlsa reh Anal Primary to thuwnụ,
1948 kum thung rowlsareh hlato thuwnu,
Anal thimzọọ to avowlcha kankhupām.

Pụruwng unsah 1953 kumthung,
Thimṭha (Bible) Anal piilu naheto,
Piisānụ lụleh ṭāngshel, piiluh kheh paṭhunjenụ,
Aṭhuw ihluh tangna tuwng vāpaselpa.

Kum 27 valhe natang hin sih,
Pedinna hrin Anal piilu naheto,
Mi ajahmeh piiṭeh nụ, kum ajahmeh vatangpa,
1980thung heeng iṭu pehpa.

Kumja hmeh thung Bible thimṭhahe,
Mi chā pena tuwng natun jāpahin,
Atungbe suthahna phasinnu,
2008 thung heeng Ithiing Thimbụ iṭu pehpa.

Pe-changki:
Arāngte Anal pena para piizọọ darah ammi tuto kum 1946 thunghe Thimpụ Nula Volhnung tuwng zọọ pajinnụ rowlsabal para pazọọnụ vaphuwngpa. Kum 1948 thunghe hla joso iphuwngcha. Kum 1953 ki piiṭhun tuwng Thimṭha (Bible) piiluh

piiṭhunnṵ. Kum 27 val thalhe kum 1980 thung pedinna hrin to ṭucha. Kum 2008 thunghe Ithiing Thimbṵ to ṭucha. Kum 1946 duha kum ajahmeh he michā pena ruwng hlato tun hin sinnṵ Asapavān napapa pahin.

Piichọlna:

1. Anal zọọ piithunchate akṵpa?
2. Dah ṭhāng rowlsabal Anal parate vaphuwng pa?
3. Pedinna hrinte dah ṭhāng iṭupa?
4. Thimṭha piiluh te dah ṭha vapaṭhun pa?
5. Dah ṭhāng Ithiing Thimbṵ iṭupa?

2. BṴLII THUH KI ṬHAVĀR

-Nula Wolhring

Bṵ lii thuh ki ṭhavār oh!
Piiṭim ṭhṵhrang, amlih mi;
Vasih ṭika, aṭha vār;
Ii num maning, sān ṭhavār lee;
Kaning rihka akuh sem.

Sānki anaṭhān avār eng;
Hli-lee iam chapeeng hin;
Sana ruwngchin paloh nṵ;
Sana chapeeng a-uwl huh cha.
Kaning rihka akuh sem.

Hli thung iam pasṵ hin;
Sana avār anaṭhān;
Sana hmih che paloh jenṵ;
Chun ṭi-ṭih kaje, ṭhavār lee,
Kaning rihka akuh sem.
Thingdon ha, piiri, paṭhṵ hin;
Sana hmih che, sana paṭha;

Sana ko, paloh sah jenu̱;
Khu-vār vāthah sah mangje,
Ningrih pahka akuh sem.

Hli-jowl ki, ṭummade hin!
Sana hmila pachu̱w jenu̱;
Kheh-ha kheh-ha ahlun kaje;
Dah-te vāhlam paje ne?
Ningrih pahka akuh sem.

Piidangna:

Doltipām thung iam pow-kāl "sana" vanadọ powhe vamin ilu̱pah, itāngpah pow, mi nadọh pah pow, akheh pa. Tuthal pavān piihmu̱ riha iam ṭha he ruwngchin nipah iphāna iṭhama powpa. Tuthal ṭhavār ajahmeh amcha pajoso bu̱ lii thuh ki ṭhavār he vasih ṭihlah ka. Vanaṭhān dolti thung iam pow vāpum to sana reh a-uwl huhcha dọnu̱ piizọọcha heng ama vāpumthu̱ isem piimoh apu̱ Asapavān to vapapa nachāpa.

Piichọlna:

1. "Ningrih pahka akuh sem". Aku̱ vadọpa? Aku̱ ku̱ng vadọpa? Dah kii vadọpa? Vaning rih na pah kuhsem te dahpa?
2. Bu̱ lii thuh ki ṭhavār vanaṭhān, kuhsem pow hinto dah reh (colour) i-uwl pa. Da-dah pow hin ete dah reh i-uwlpa?
3. Vasih ṭika, vanadọte, piizọọcha hengte dah vadọ paje. Anathih pang apazọọ vah.

3. NAPĀM NADṲ KANKHUPĀM

Ts. Chamthoi

Napām nadṲ kankhupām,Nahring kumpung na amna
Ripāl tung pazor ka, nasuh ki ning panel mi.
Arāngki napṲ napi.Pāl thung ki aloh mi,
Atung be hrin athuw cha,
Vapām ten vahmun ten, hāng lār ni cha.

Kankhu pām iṭha cha doh, pakhu dṲ tung pa hniing ka,
Valown ten ṭāng ring rung,Pachāl thing bol ṭare row,
Kankhu piiṭo dṲkong,vahmun ten hāng luwng sang sang,
Phe ha molha vahmun ten,
Ihringna aṭhọ piinem hrāng ring ring.

Soldowng soltang paṭang ka, Alal nahla pazowl ka,
MinṲ mipa hin ru,NṲtang patang pahreeng ka,
Thimzọ thimthi vāhlṲ sih,
Kankhu pāmṭha abung ka,
Vakhu ten vapām ten thung Kankhu pām.

Arāngki nā hang thuna,Sọmzowl, Ṭezowl, DṲ ṭezowl,
JṲpa dun jā sin be, Ohrang māng palung ve ka,
Ṭhuwmkhel ru volhlung Ṭeshung
Peṭha hin vāhang na, Dah ṭha rah ahmah nami,
Ahring ha sow min thang, to Kankhupām.

Kankhu thung ki ṲNe hin, vapām paṭhung khu pa ṭhung,
Anāl, Maring, Asin,Bojowl, Tarou, Chothe sọlte hin
SinnṲ sinpa ilee māng,Palung kheh ihol tuwng,
Miten phe ṭha vāthuw khin,
Piihol na hrang, na, amna Kankhu pām.

THINA NUMNA:

1. Kankhupām ki vaṭhah na apazọọ vah.
2. Kankhupām thung iam phung ajahmeh amka apazọọ vah.
3. Arāng ki Kankhupām ki peṭha hin hmiing apazọọ vah.
4. Arāng nāhang thuna hinki pām hmiing apazọọ vah.

4. PAKAN RĀL MIPA.

Tongsin Moruwng

Arāng pakan rāl mipa,
Arāng pheṭha ikhumpah.
Ṭhumkhel Volhlung Ṭeshung,
Leru – talruwng vāṭim ṭhụ.
Lepa Wangparel hlungdeeng na,
Pheṭha hlungdeng hringja ka,
Ningrih kolthang vārṭol ka,
Hmiṭih mirāng achụwn soso.

Anal pheṭha Ṭhuwmkhel o,
Leru-talruwng aṭim ṭhụ.
Aṭang nina ahmah mi,
Moirang mochung aṭinna.
Ethuwngpi kowlkam dadah ma,
Rālkāng sọ āchāmna,
Ningthi dụkong sọluwngpa,
Va-ee rahding avunte.

Arāng rāldụ kāngru kāng,
Kanthọ ruwng pāngkal ado ru ado,
Sah ru sah ihmụwru isol,
Anal simpa thah tung ṭol.
'Sāhrāng amna khuja o'
Khengvun vunrah piilār ma,

Khengjo Hekha Ramsom lon,
Anal paṭha peu̱l cha.

Pe-changki:

Anal Pakan he arāngki piiṭhun rāl iṭoh nalen ikhum pahin sin dahpa vadọte arāngki Anal Pakan pheṭha Thuwmkhel , Volhlung ru Ṭeshung hin rāl ṭoh heeng vāpadang sih amatuwng Anal Pakan he rāl mipa vadọnapa. Pheṭha hin ki aṭang nihna piidang na tobe hmiṭi hin le Wangparel ru hlungdeeng phona piite paje tuthalna pheṭha Ṭhuwmkhel he vasinnu̱ vānadọh ki vathal iṭo Moirang pāmki ipal pah Mowchung piidu̱ chihnu̱ Kankhupām vaṭung ṭhupa, Hu̱mpi joso rāl pow ijoma vakuh cheruh vaha vaṭhampa. Makheeng hin ru vādu̱h thungso Anal Pakan pheṭha hin vapachāng ṭol pa. Amatuwng Anal Pakan he rālmi vadọpa.

Piichọlna:

1. Dahki Anal Pakan te rālmi vadọpa?
2. Aṭangnipah pheṭha Ṭuwmkhel te dah dah vaṭoh?
3. Arāngte dah rāl iṭopa?
4. Arāngki pheṭha athum hmiing apazọọ vah.
5. Hmiṭihin lete aku̱pa?

5. JỌNGPI ṬHAPUṄG

-Ts. Kono

Jọngpi ṭhapung iwar O!
Suhlung aparụh mangpe,
Suhlung apakowm mangpe,
Ruṭhọ apabuw mangpe.

Akho ramhrọ padute,
Ikhan hrangte ṭhingtinụ
Ṭhapung iwar lārnipah,
Akhan dodoh ṭolpamo.

Jọngpi ṭhapung iwar O!
Dah jehlate aholsih,
Warṭoltite kumpungre,
Chungni achang duntisung.

Idong jemyām āhangthu,
Jungbu chayakatine?
Abuw – tiingki ṭhapung O!
Ai piihmalna ṭhami.

Hal – hring ṭumthum khuwng nibe,
Chungni ahangthuw naka,
Chungni vajung buwthal ha,
Ṭumkheh hmedu khụlese.

Ṭumkheh āhangthu thungte,
Suhlung ngam na ahol nụ,
Karuṭhọ pabubuma no,
Ahlam kasuh chāhleh mang.

Pe changki:

Joṇgpi sān ṭhawar tungpang palung piirụ, piiveh ṭha lenṭāng sān ṭhawar ammi tuto paduto ṭhingnụ vakhan dodohpa. Ihejah ahang thuwnụ jungbu chajāka, vabuwtiing palung vaparuh seh mang. joṇgpi ṭha to vathọ duki makhe vasānten idejah ahang thuwnaka. Pām wādālna molpām palung vehlahka.

Pena ithih hrang:

Suhlung	=	Palung
Apakom mangpe	=	Apaveh mangpe.
Ruṭhọ	=	Hmihṭhọ.
Jehla	=	Pena.
Dah jehlate aholsih	=	Dah pena aholsih.
Chungni	=	Ani.
Suhlung ngamna	=	Palung ngamna.

Piichọlna:

Dahki joṇgpi 'Ṭha' chọrah palung vaparụh, vapaveh pa?

Piithangna:

Ṭha tenna 12 thung joṇgpi ṭhahe pām nunge balka, pavān joso thiingka, bụ-an joso dụka, mi ruwngchin joso ṭhahlah ka, pām ruwngchin inihlah tuwng palung veka.

6. THANGBĀN KAJU

-Ts. Kono

Thangbān kaju jah!
Akhong iam patine?
Dahpa nghe-nghe katimo?
Āthi chajoh thah ningra.

Ahli-thangbān anasem,
Chungni, ṭhapung anasem,
Hmihnathih ma phin ṭhọhrāng.
Dah tung asemdoh yamo.

Thangbān iling ṭiiṭuwkheh,
Hmihtih hmihrāng hujakheh,
Iṭoh sisih hujapang,
Māngṭọ mape kaju o!

Minpum dah rah iam ma,
Mintā chechol akụngki,
Aunsah na iṭọm ma.
Thangban kaju langlang he.

Thangbān kaju jah!
Ahmeel kāsempati ne?
Apedo e kaṭāma,
Kāthiduh kajelā vāpumthu.

Iten nungma kapāṭoh,
Piidal chichih avun ni,
Kāpaṭoh pe kajuo!
Kākowl chavo kajuo.

Pe-changki:

Vahmel akuṟah ithi piimohma. Dolti-pavān isem. Vathung iam dah vāpum thu vanasem iṭang iṭom-imāng iam ma, vamin dahrah ilima. Khuwar khujong vahehe. Dolti mi ajahmeh vapedoṭo majoso piiṭoh pe Thangbān jupa. Nikheh be vadah rarah vanasem hujahe min ili ṭhingnaka

Piidangna:

Jah	-	Arāngki puṟpihin hla phuthung jah idọ vapaṭhunpaje. Asapavān oh! ido thang vaphuwngnapaje mangni.
Thangbān	-	Pavān
Kaju	-	Kapa
Ahli	-	Dolti
Hmihtih-hmihrāng	-	hmih nathih ma ajahmeh.
Avun	-	achara
Chungni	-	ani
Ruṭhọ	-	hmihṭhọ.
Suhlung	-	palung.

Piichọlna:

1. Asapavān hmel ithijohte akuṟpa?
2. Doltipāmhe dah ṭharah ṭom name?
3. Doltipāmhe isolih mā ṭọmnaka?

ANAL TEXT BOOK COMMITTEE MEMBERS

Class I – V

1. Mr. Sng. Thumshung,Secretary, Human Resource, ANTA, Convenor
2. Mr. Nl. Wolhring, A.O. AgricultureDepartment, Chandel, Co-Convenor
3. Mr. Rd. Paul,Project Co-ordinator, VIHAAN, Member
4. Mr. Py. Dalhring, member
5. Mr. Ht. Komison, Inspector, FCS, Chandel, Member

Class VI – X

1. Mr. L. Wolring, Principal, Anallon Christian Institute (ACI), Convenor
2. Rev. Rd. Joykumar, Principal, Koinonia Training School (KTS), Co-Convenor
3. Mr. KL. Arun, Principal, Oriental Academy (OA), Member
4. Mr. Ts. Ngamvar, Principal, Life Way Christian Academy (LCA), Member
5. Mr. R. Rounder, Principal, Thani Memorial Training School, Member
6. Rev. P. Volhlung, Former Executive Secretary, ANBA, Member

ANAL LITERATURE SOCIETY EXECUTIVE MEMBERS

1. Mr. L. Wolring, Chairman
2. Rev. Rd. Joykumar, Vice-Chairman
3. Mr. NL. Wolhring, Secretary
4. Mr. Ngamlun Wango, Jt. Secretary
5. Mr. Ht. Komison, Treasurer
6. Rev. P. Volhlung, member
7. Mr. Sng. Lumdil, member
8. Mr. Sng. Thumthung, Ex-Officio member